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REDUCING THE CHIN.

Health and Beauty Hints



BY

MARGARET MIXTER

ILLUSTRATED FROM PHOTOGRAPHS

BY

JOEL FEDER

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Health and Beauty Hints

CHAPTER I

MASSAGE

ELDERFLOWER CREAM FOR MASSAGE

Almond oil, one and one-half ounces; white wax, two and one-half drams; spermaceti, two and one-half drams; lanoline, one-half ounce; oil of bitter almonds, one-half dram; elderflower water, one and one-half ounces; witch hazel, one-half ounce.

Melt the wax and spermaceti in an earthen dish set in a basin of boiling water, add the lanoline, and beat in the oils slowly. Remove vessel from the heat and add the witch hazel and elderflower water.

Apply at night or before going out of doors. In the latter case dust on powder.

HOW TO MASSAGE THE FACE

TO massage the face, rub gently to increase the flesh and make the cheeks round; or, if a double chin or superfluous flesh is to be removed, rub vigorously to wear away the fat by friction.

Besides affecting the contour, massaging is to smooth away wrinkles by keeping the surface smooth and working to strengthen the cords, not to pull them down. It is a fact always to be remembered that the tendency of flesh on the face is to droop downward with age, so all muscles and cords must be rubbed up, to prevent their stretching.

Before massaging the face wash it thoroughly with hot water, not only to remove all dust, but to open the pores, getting them ready to absorb the unguent. Then the fingers are dipped into the cream, and work may begin at the forehead, rubbing it smooth all the time, while using a rotary motion, always with the upward part of the stroke harder than the downward. The cheeks are treated in rotary fashion, and so are the temples, while the chin must be given its share of attention. Around the corners of the eyes only the tip of one finger may be used, trying with each motion to smooth away the lines. Under the throat the stroke must be firm and strong, going up toward the ears in order not to cause the flesh to gather beneath the chin point.

In these movements, that the fingers may slide over the skin without pulling, and also to benefit the tissue, a lotion or cream should be used. Just which should be selected depends upon the original condition of the face: if too fat, an astringent lotion would be best; if thin, a flesh-making cream may be employed.

For an astringent an ounce of pure gum benzoin, dissolved in half a pint of pure alcohol, is excellent. It is also bleaching.

A flesh-making cream, which may be used when the face is thin, is made from two and a half ounces of lanoline, a quarter of an ounce of spermaceti, two and a half ounces of freshly tried mutton tallow, two ounces each of cocoanut oil and oil of sweet almonds, half a dram of tincture of benzoin, and ten drops of oil of neroli.

To mix the ingredients, melt the lanoline, spermaceti and mutton tallow in a china basin, and set in a dish of hot water. Do not let the fats become hot. As they soften



Photo by Joel Feder, New York.

FACE MASSAGE, SHOWING UPWARD STROKE ON CHEEK—MUST BE HARD.

add the oils, remove from the heat, and beat, slowly adding the benzoin and neroli. This should be a cream when cold. A less elaborate cream is composed of thirty grams of lano-line and twenty grams of sweet oil. These two are melted, as told for the foregoing cream, and when liquid one-half a gram of tannin is beaten in.

Any of these is applied in the same way. It takes at least fifteen minutes to massage the face, and longer time may be given. At the close of the treatment cold water should be dashed over the flesh to tighten and harden the skin, that has become soft from rubbing.

MASSAGE CREAMS AND LOTIONS THAT WHITEN SKIN

WHEN it becomes necessary to treat the complexion with a massage cream or lotion it is desirable to select one that will soften and also whiten. As a rule, any preparation that softens is likely to have a slightly bleaching effect, because the latter is included in a scheme of general improvement. But a woman who wishes the cream action to be less slow may like to try a paste made from two ounces of sweet almond oil, 160 grains each of white wax and spermaceti, fifty grains of powdered and sifted benzoin, 160 grains of rice starch, and seven and one-half grains of pure carmine.

The wax and spermaceti are melted in a cup set into hot water, the benzoin being added at the time. The oil is poured in as the fats are melted, and the cup removed from the heat. The liquid is beaten a moment with a fork, and the carmine and starch are mixed at the same time. Blending must be carefully done to prevent lumps. If perfume

is wished, two drops of oil of violets should be added just before the grease hardens.

This cream, which, owing to the benzoin, is particularly whitening, is especially adapted to use on skin in the evening, before applying powder. It may also be rubbed over the cheeks during the day, wiping off any superfluous quantity before putting on powder. Its action on the skin is beneficial.

A person who objects to the use of grease, and still wishes to use a tonic, may like a lotion made from one and one-half drams of citric acid, five and one-half ounces of hot water, a dram of borax and half an ounce of glycerine. The borax and acid are dissolved in the liquid, the glycerine going in last. This may be freely used on the face at any time, wiping it off before going out of doors. When coming in from the street, if the skin is dusty, this lotion may be used as a cleansing agent, mopping the face freely before washing in warm water, then finishing with a cold rinse. Another lotion is made of two ounces of pure honey, half an ounce of glycerine, half an ounce of rectified spirits, and one and one-half drams of pure citric acid. The honey and glycerine are put together in a cup set into hot water, and, as the two mingle, the spirits in which the acid has been dissolved is added.

The grease must be cold before the spirits is mingled.

This, like the first lotion, may be used at any time, and the skin will be kept in better condition if the liquid is applied as a cleansing agent before water is used.

SIMPLE FACIAL MASSAGE RULES

FACIAL massage consists of the manipulation of the flesh in such manner that the tissues and muscles are stimulated and the surface circulation increased, so the ultimate effect strengthens and reinforces against the ravages of age and weather.

To accomplish these results both rubbing and kneading are necessary. For the former movement the fingers must slip over the skin firmly and evenly, and at the same time must work the muscles below the surface.

Before beginning either process the face must be washed, preferably with warm water, that the pores will be in a receptive condition for the soothing agent that is applied. Generally, cold cream is best, but if there is prejudice against it an astringent lotion or plain rose water may be substituted. The principal object is to use some emollient to prevent the fingers from sticking and bruising the skin.

Whatever application is chosen must be rubbed in large quantities over the flesh, and then the skin is in condition to treat.

Throughout this treatment it must be remembered that the object is to smooth as well as to strengthen the flesh; also that under no conditions must the muscles be pulled down. As a rule, the rotary motion is best, which is merely rubbing in circular fashion, making the upward sweep harder than the downward. Cheeks, chin, nose and temples require this stroke. The forehead should be smoothed if it is lined, otherwise it, too, will take the rotary treatment. About the nose, rubbing is done up and down, working into

a rotary movement with the tips of two fingers when the region about the eye is reached.

To prevent or reduce a double chin both hands must be used at the same time, beginning at the point of the chin and rubbing up hard toward either ear. For the throat the circular movement is most effective. For this motion all the fingers of both hands are required, while the thumbs are used as braces, being firmly placed so they make the finger work stronger. It is only when "kneading" that the thumbs actually work. Then they are needed to take up the flesh in large rolls, working and gently pinching it.

It is well to begin massage in the cheeks, starting with a small circle that is increased to extend over the entire face. During this process the thumbs may be placed under the jawbones, working up with a rotary motion until the position under the eye is reached, when only two fingers are required. Continuing, the temples should be reached next.

From there work on the chin, and then rub hard, and always up, along the jawbones, and under them, to the ears.

The operation will take at least half an hour, and should be done sitting before a mirror. At the close there should be a distinct sensation of glow in the face, and bright color. Washing in warm and then cold water is done.

Massage is better not done oftener than once a week.

NECK MASSAGE THAT PREVENTS WRINKLES

BY the time a woman is twenty-five years old she should devote at least ten minutes, night and morning, to massaging her throat under the chin. She may see no reason at that period for massage, but should she take the



Photo by Joel Feder, New York

ROTARY MOVEMENTS FOR MASSAGING THE NECK.



trouble, by the time she is forty she will not have the hanging "dewlap," which, more than anything else, proclaims her no longer young.

Besides massage a good skin food is necessary. To make such, one dram of tincture of benzoin to an ounce of glycerine is essential, and when properly mixed is both astringent and tissue feeding. Better, however, is a lotion made from the yolk of a fresh raw egg, a tablespoonful of sweet oil of almonds, a teaspoonful of tincture of benzoin, and two teaspoonfuls of rose water.

This must be kept in a cool place when not being used, or it will spoil. It is used quite as any other massage cream, wiping off any superfluous quantity later.

As to the treatment, it consists first in washing the neck thoroughly, that no dust shall remain to be rubbed in. The water must be as hot as can be borne with comfort, and the washing will take at least three or four minutes, because the pores are to be opened by the gentle heat.

Wiping must be carefully done, and the surface, from chin to the base of the throat, covered with the cream. Then massage can be started. For this both hands are required, and the motion must be chiefly a rotary one, using the tips of the fingers and making the upward stroke stronger than the downward. The stroke should come up toward the ears at the finish. Incidentally, this treatment will do much toward reducing or preventing a double chin.

During this process the fingers must constantly move over the surface, and the base of the throat must not be neglected, for an observing woman, who remembers, knows that the tell-tale cords that are so homely stretch from the collar bone line to the chin. The greatest attention is given

always to the very center of the throat, rubbing rather hard there to stimulate muscles and tissues.

That done, the movement is alternated by a stretching, beginning by bringing the finger tips together directly under the chin and pulling up hard toward each ear. This is precisely the same motion that is gone through with to reduce a double chin.

The end of this treatment should leave the throat red and smarting a little, but the sensation will soon wear off, and the skin regain its normal condition. The tissue builder given is whitening, as well as softening, and may be used for the hands, putting on gloves afterward.

MASSAGE TO PREVENT WRINKLES AT CORNERS OF EYES

THAT part of the face about the eyes requires especial attention to ward off an appearance of old age, and I would like to impress all women, but especially young girls, with the importance of daily massage about the eye corners, for such treatment tends to prevent that network of tiny lines that is so apparent in a strong light, and that makes one seem haggard. The least defect in the sight renders these lines more conspicuous, for such trouble makes an unconscious rigidity of the muscles near the lids which develops pronounced wrinkles.

It would be excellent if a girl would devote about five minutes to the care of her eyes every night. Let her dip a finger into cold cream after the face has been washed, and rub this, with a gentle rotary motion, all over the cheek bone, beginning just in front of the temple and working slowly down over the bone beneath the eye. At no time

may the fingers be more than half an inch below the line of the lower lid. Such treatment as this will keep the tissues of that section constantly nourished and the skin soft at a time when most women begin to look drawn.

Puffiness under the eyes, which is most disfiguring, sometimes is merely from fatigue, although not uncommonly it indicates internal trouble. In the former case rest will restore the normal condition. As soon as any swelling becomes evident a person should lie down in a darkened room. By the bed or couch there may be a basin of hot water, and two cloths are required. One of these, hot and wet, is kept constantly over the eyes. A rubber bag is not a substitute in this case, for it will not adhere to the skin. The cloths must be kept as hot as the skin can endure without smarting, and they should be kept on for fifteen minutes.

In ordinary cases a further rest of half an hour will complete the cure, but sometimes the application of a cream is beneficial after the final cloth has been removed. This lotion should be gently massaged into the flesh. An excellent lotion for this treatment is made from ten grams each of lanoline and vaseline, five grams of sweet almond oil, and three grams of sulphate of aluminum. To prepare, melt the lanoline in a cup set into hot water, adding the almond oil as soon as the former is soft. Remove from heat, and beat in the sulphate before the cream hardens. This is rubbed in with an even, gentle stroking that will take five minutes. After that any superfluous amount is wiped off.

Swollen lids usually yield to the same treatment as that given for puffiness under the eyes, which includes an astringent that is soothing. The formula for this consists of five grains each of powdered alum and sulphate of zinc in a gill

of distilled water. It is bottled, and shaken until the powders are dissolved, then filtered through coarse brown paper. Boiled water may take the place of filtered. To use, the lotion is poured on a soft cloth and the eyes are mopped.

MASSAGE THAT WILL BEAUTIFY THE NECK

WITH attention the homeliest neck may be made pretty, a fact that is of importance these days, when gowns cut out at the throat are so fashionable. This care, however, does not include a mere washing of the skin with a wet wash cloth, as many women do. For, unless nature has endowed one with a pretty throat, it is only persistence that will develop beauty.

To begin the improvement, I consider massage necessary, and because that cannot be given without an application of some soothing agent that helps the fingers to glide over the skin, the selection of a quality that nourishes and refines is a special consideration. If the skin is naturally white and soft, the simplest kind of cold cream will be effective; but if, as is often the case, the flesh is brown and muddy, it behooves the toiler for beauty to select a preparation that will clear and bleach.

A treatment of this kind that I like consists of mixing equal parts of the raw white of one egg and almond oil. These are beaten thoroughly and rubbed into the flesh. When there are hollows in the neck, and the throat is inclined to scragginess, the massage must be firm and brisk, to promote circulation. To do this to best advantage the fingers should be placed against one spot and held there while the knuckles are bent, thus kneading the skin below

the surface. Then the finger tips are dragged over the surface in rotary motion, trying to work the food into the pores. If the throat is sufficiently developed, massage may be very gentle, only enough to create a little friction, which will cause the pores to absorb more than they otherwise would.

The paste recommended is left on over night, and in the morning washed off with tepid water, or, instead of water, camphor water with one-third glycerine may be used as a substitute.

In addition to this cream a lotion made from fifty grams of rose water, two and one-half grams of borax, five grams of spirits of camphor and two and one-half grams of tincture of benzoin must be used. The latter dries on, and may be applied during the day—indeed, as often as one wishes. It is an excellent complexion wash.

If the neck be decidedly thin, a cream that will give more nourishment to the skin is desirable, and for this purpose there is a formula consisting of two ounces of sweet almond oil, 160 grains each of white wax and spermaceti, fifty grains of powdered benzoin, 160 grains of rice powder, and seven and one-half grains of pure carmine.

To mix these ingredients melt the fats in a cup set in a pan of boiling water, and as they heat add the benzoin. Do not allow the grease to become too hot, or it will not congeal. Remove from heat, beat, and put in the rice powder and carmine as the mixture cools. Scent, if desired, with any essential oil.

This is best used when dressing for the evening, or whenever a low gown is used. It is an excellent "make-up" cream, and feeds the tissues. If evenly applied, powder dusted on afterward improves the appearance of the neck.

CHAPTER II

HAIR

TONIC FOR OILY HAIR

Tincture of alcoholic cantharides, one dram; tincture of capsicum, one-half dram; tincture of nux vomica, two drams; cocoa oil, three-quarters of an ounce; alcohol, two and one-half ounces. Shake before using.

Massage nightly into the scalp with the finger tips.

TO CURE OILY HAIR

EXCESSIVELY oily hair is the result of a diseased condition of the scalp, that is sometimes serious, as it makes the glands enlarge and throw off exudations too rapidly. This trouble is usually caused by an unhealthy condition of the system, and is difficult to control, except by internal treatment.

For instance, a person so afflicted, who suffers from indigestion or other internal ailments, must give her body proper nourishment, to bring it to a comparatively normal state, before local applications will be effective.

An oily scalp must be shampooed with discretion, and a tar or sulphur soap should be used, in connection with raw eggs, when cleansing the hair.

One of the best of such cleansing agents is a combination of a tablespoonful of lime water to each raw egg, the mix-

ture beaten together, and massaged into the scalp. The lime water has a beneficial effect upon the enlarged glands.

Washing must be done in warm water, using no soap, and the final rinse should be with cold water, in order to contract the pores. Even in extreme cases of exudation shampooing is not to be done oftener than once in three weeks. Should the hair become heavy with grease during the intervening weeks much of it can be removed by sprinkling the locks thickly with fine corn meal, which is brushed out after absorbing the dirt, with a long but soft-bristled brush. It is important that the bristles shall be soft, for stiff ones overstimulate the scalp.

A mixture of three drams of glycerine and four ounces of lime water should be kept on the dressing-table, and the scalp wet with it every night. This lotion must be rubbed in with the finger tips. At the end of three weeks half an ounce of tincture of cantharides should be added to the original proportions, treatment continuing in the same way. The reason that cantharides is not used at first is because of its stimulating properties, and the fact that the scalp must be soothed, as it were, before it can be toned to normal condition.

A decided change of treatment sometimes benefits a person, who may discontinue the use of the lime water combination at the end of three weeks, substituting a tonic made from half an ounce of castor oil, half an ounce of strong liquid ammonia, an ounce of best French brandy, and three ounces of rose water. This may be applied every other night.

Still another suited to the condition is two gills of old whiskey, with as much rock salt as will dissolve in it, a tea-

spoonful of glycerine and half a teaspoonful of flour of sulphur. This may be used every night.

I believe it is not possible to bring into good condition a scalp that is excessively oily, if pompadour cushions are used, for they heat and excite the glands to an unhealthy degree. Another important factor is gentle usage of the scalp. It should not be irritated. A fine-tooth comb must not touch it, and a hard brush must be avoided. In dressing the hair each day the locks should be carefully treated. Only by such attention to details can a cure be effected.

DAILY CARE OF HAIR

HAIR is greatly affected by the treatment it receives each day. For example, I believe it impossible for a woman who does not brush and braid her tresses every night to have as luxuriant locks as one who regards this routine, which includes, among the so-called "trivial" points, that hair shall be thoroughly dried after shampooing, and that the center of the scalp shall not be damp when pins are put in.

Incidentally, a sun bath gives the head as much tone and vigor as it does the body, and to dry one's hair in the sun after washing it is ideal. Some rubbing with soft, thick towels should be given at first, and as the moisture begins to disappear one should settle oneself comfortably in the sun, let the locks be loose, turning them occasionally, that all shall have an equal chance to absorb the bright rays. So important do I regard this treatment that I consider it an error to wash the hair on a damp or cloudy day.

Direct heat should not be used for drying after a sham-

poo. For example, to spread the hair on a radiator or before a register is to invite grayness, because in this manner the natural nourishing oils are dried and the hair is starved into losing its color. Friction and sunlight are the only two beneficial agents.

There is a curious superstition among hair specialists that singeing should not be done except when the moon is new. Many persons believe this superstition, though not one can give a reason for it. All maintain that unless burned at the beginning of a moon the hair will not grow.

Singeing is undoubtedly one of the best ways of treating hair that is impoverished or not in normal condition. Even the healthiest tresses sometimes require the ends treated in this manner, as it gives a new impetus to growth without running danger of "bleeding," as it may from clipping. When the ends are dried and split they should be subjected to burning, which is done in this way by professionals: Take strands of hair, twist them tightly—that there will be no draught—and then quickly run over each a lighted taper, that burns the tiny ends sticking out and does not affect the long growth. It is an operation that seems simple, but requires great skill. It should not be done oftener than once in three months, and sometimes at longer intervals.

There is a theory, strongly advocated by some specialists, that a child's hair should never be allowed to grow more than six inches. The basis for this statement is that the longer the hair the more difficult it is to draw nourishment from the scalp, and that a child's head should not be subjected to such a strain. When there is pronounced weakness in the hair this may be tenable, but in ordinary cases I think

a child's locks may be left to grow at will, taking care that they are well brushed and carefully treated.

TONIC FOR DRY HAIR

Sweet almond oil, one and one-half ounces; oil of rosemary, one-half ounce; oil of cinnamon, seventeen drops. Mix well, and massage with the finger tips into the scalp nightly, or every other night, as required.

HOME-MADE TONICS THAT NOURISH SCALP

WHEN roots of the hair are dry, either from lack of natural nourishing, excessive use of curling irons, or from the temperature, that often makes the scalp too dry, oils must be applied.

When these health-giving lotions are used they must be thin, and of a penetrating quality, that will not choke the glands and pores.

Petroleum products are extremely stimulating and beneficial, and though some persons declare against vaseline, on the ground that it is too thick for scalp application, I think they are mistaken, for it is quickly absorbed, becoming liquid at a gentle temperature. Occasionally I am asked if kerosene is a good tonic. It has some virtue, but by no means enough to make up for the disagreeable odor it gives. On general principles, therefore, I think it should not be used.

While mutton tallow, being an animal fat, should be excellent for the scalp, theoretically, I think it clogs the pores.

All oils made from herbs are gentle hair tonics, and those from spices have the same merit.

Sweet almond oil is good, and so is castor oil, though, as a rule, each should be used in combination with some other ingredient.

An old English tonic that is supposed to be health giving is made from half a pint of almond oil, two ounces of burdock root, a quarter of an ounce each of oils of rosemary and thyme, two and one-half drams of bergamot, and a dram each of triple rose extract and oil of lemon.

The burdock root is put into the oil, and the jar containing it kept warm for forty-eight hours. It is then strained and the other ingredients added.

Another excellent tonic is made by putting one and one-eighth ounces of coarsely powdered alkanet root into half a pint of almond oil, the two being kept warm until the oil is colored a deep red. This will take several days. Then nine and one-half grains each of oils of cloves, mace and rose, and half a dram of oil of cinnamon are added. This mixture may be perfumed with seven grains of musk.

The objection that grease applied to the scalp makes the hair heavy is obviated by a knowledge of how to rub it on. Before putting any oil on the roots all tangles must be removed and the tresses divided into two parts. Into this line the grease is rubbed, a little at a time, using the finger tips. Then another clear line, close to the first, is made, and the operation repeated, until the whole scalp has been covered. Done in this way, the hair is not greasy, and the scalp is nourished. Except in cases where the hair is noticeably dry, every other day is sufficiently often to make such an application.

NIGHT TREATMENT FOR HAIR

I BELIEVE that it is impossible for a girl to have pretty hair, and I know that she cannot possess luxuriant tresses when an old woman, unless she brushes and combs her tresses before going to bed. To remove the pins, and twist the locks, or let them hang, is as injurious as it is to cloth to lay it away without smoothing. Both must be made ready to rest if they are not to wear out quickly.

It does not take more than five minutes to treat the scalp in such a way as to stimulate it. Of course, if one has the time and energy for massage, so much the better, but this is by no means necessary when the hair is in a normally healthy condition. When it is not, the improved circulation that will result from rubbing is so beneficial in effect that effort should be made to accomplish it.

For the regular evening treatment there should be at least twenty long strokes of the brush after all snarls have been removed with a comb. The stroking should be even and firm, without causing pain. Such brushing as this keeps the hair glossy and pliable, making it far easier to twist into becoming coiffures.

For the final work a loose braid should be made. It is not well to twist the hair and pin it, however lightly, for the scalp should be relieved of any weight through the night.

TREATMENT FOR FALLING HAIR

FALLING hair, an indication of a diseased condition of the scalp, may be remedied in two ways. One is to take a tonic internally, to build up the general strength; the other is to treat the scalp externally. The

latter does not take much time or thought, and is not difficult. In fact, any person can apply it herself, but the services of a member of the family make the treatment simpler.

Unless the hair is coming out literally by handfuls, as after a severe illness, I believe brushing is most efficacious. The brush must have long bristles, rather far apart, in order that they shall reach to the scalp, and the stroke stimulate as much as polish the hair.

If the scalp trouble is due to illness, and a new growth of hair is coming in with the old, brushing is not advisable. The old hair, under these conditions, does not sap nourishment from the new. But when there is no apparent reason for the trouble, and the shedding is not great, then I believe in the use of the brush.

Also there must be massage given every night. A tonic put on at the same time is likely to hasten improvement, and a mixture I like is made from a dram of alcoholic tincture of cantharides, half a dram of tincture of capsicum, two drams of nux vomica, three-quarters of an ounce of cocoa oil and two and a half ounces of cologne. If the hair happens to be heavy with natural grease, one more likely to agree is made from half an ounce of alcoholic tincture of cantharides, three-quarters of an ounce each of spirits of rosemary, glycerine and aromatic vinegar, with an ounce and a half of rose water.

Either of these is applied in the same way, and should be used every night. A portion of this treatment consists in combing the hair thoroughly and brushing it, not only flat to the head, but putting the brush underneath and drawing the hair loose and free, so that all parts are ventilated.

Each stroke must begin on the scalp so the tips of the bristles are felt.

This done, the tresses should be divided into two sections, one-half pinned so it will not get in the way when the other is treated. Then some tonic should be poured into a saucer and applied with a soft toothbrush or tiny sponge to the scalp.

The hair is again parted, not more than an inch from the middle, and with the little brush or sponge the scalp line is wet. Another division not more than an inch away is made, that line wet, and the hair laid over, repeating the partings and applications until the entire scalp has been treated.

This done, massaging should begin. It consists merely in holding the fingers firmly on different portions of the scalp and bending the knuckles so that the scalp moves but the fingers remain stationary. This is continued all over the head, the operation taking fifteen minutes or more. At the finish there should be a distinct sensation of glow in the head. With these movements the hair is not tangled, because the fingers do not rub it.

A final brushing is given, and the hair loosely braided for the night.

COLD-WEATHER HAIR TREATMENT

IF women would remember that cold weather dries the hair and makes it unmanageable they might be able to treat the scalp so the tresses would be healthy and could be coiled into pretty coiffures. Water, while it is efficacious as an external application, sometimes does more harm than good by increasing the stiffness of the hair as the

liquid dries out. Only brushing and the application of some mixture that contains oil will make the hair lie smooth.

Oils, besides neutralizing the condition of dryness and making the hair easier to handle, has the added virtue of tonic properties, and if it massaged into the scalp the benefit after some weeks is pronounced.

A tonic of this kind is made from sixteen ounces of pure cologne and two ounces of castor oil. Far from being greasy or unpleasant, this mixture is easily put on, and has an agreeable odor.

Containing less oil, but stronger in tonic properties, is a combination of four ounces of cologne, half an ounce of tincture of cantharides, and a quarter of a dram each of oils of lavender and rosemary.

The best way of applying either of these is to make many parts, close together on the scalp, and rub the liquid into each, using either the finger tips or a small brush.

If the hair is extremely dry, the application may be used every day, but in many cases every other day is sufficient. Too much of the tonic will make the hair heavy with grease and altogether unmanageable.

When the hair is falling, and is dry and hard in texture, a stimulating mixture to use may be made from one and one-half ounces of cocoanut oil, two and a quarter drams of tincture of nux vomica, one ounce of bay rum and twenty drops of oil of bergamot.

This tonic should be thoroughly rubbed with the finger tips into divisions made along the scalp. To apply it every other night is sufficient, and on alternate nights there may be used another formula composed of one dram of alcoholic tincture of cantharides, half a dram of tincture of capsicum,

two drams of tincture of nux vomica, three-quarters of an ounce of cocoa oil and two and one-half ounces of cologne.

Nothing will so quickly cause the hair to turn gray as an absence of nourishing oils, and it is for this reason that tonics containing such ingredients are invaluable. When there is a decided tendency to whiteness a formula that has been found useful, if massaged nightly into the head, is one dram each of terebene, borax and sulphur and six ounces of lavender water.

TONICS THAT MAY PREVENT GRAYNESS

INSTEAD of resorting to dyes when the hair becomes gray and loses the first color of youth, why will not women adopt a course of treatment that will be improving and not injurious? As far as I know there is no harmless dye, because to "hold" a color the hair must be entirely freed of natural oils. And the absence of these immediately takes away nourishment, and falling and breaking of the locks is a matter of a short time.

Scalp massage, brushing and carefully selected tonics, on the contrary, may so improve the condition as to bring the hair to a most attractive state. There is positively no excuse for the "dead" aspect of so many women's heads, for it is owing to carelessness in one form or another.

Premature grayness, unless caused by illness, may almost always be traced to an absence of oils in the scalp. Therefore, when a woman too young to lose the natural color finds that her tresses are changing she should resort to applications containing stimulating oils, or such ingredients as nux vomica or iron.

For example, there is a mixture of an ounce each of mercury oleate and oil of ergot. This is to be perfumed with a few drops of oil of lavender, and used when the hair is lusterless. Every night the tresses should be divided into many parts and into each line a little of the tonic applied, either with the finger tips or a small brush. Massaging must then take place, over each section of the head.

A lotion that is easier to apply, because there is less likelihood of the hair becoming greasy, is made from half a dram each of terebene, borax and sulphur and three ounces of lavender water. It is put on the same way as the first.

Decidedly more stimulating than either of the foregoing, and for that reason better when the hair is in a dead condition, is a tonic made from one quarter of an ounce of violet ammonia, a gill of rectified spirits, an eighth of an ounce of sublimed sulphur, a quarter of an ounce of tincture of cantharides, an ounce of glycerine, an eighth of an ounce of phosphate of lime and a quarter of an ounce of tincture of cinchona. The sulphur should be put into the spirits, adding the lime and tinctures, followed by the glycerine, and the ammonia last. It must be well shaken.

If the scalp is in a delicate condition this may be irritating, in which case it can be diluted with an equal amount of glycerine and water. Should it still irritate it must be put aside, to use when the surface is stronger.

Were tonics to be employed regularly when the woman is young, hair would be prettier with advancing age. Not to apply something frequently is quite the same neglect that one would be giving to plants by depriving them of the nourishment of water daily, or at least frequently. An application that supplies food in usual conditions, and is adapted

to almost any scalp, is made from half an ounce of alcoholic tincture of cantharides, three-quarters of an ounce each of spirits of rosemary, glycerine and aromatic vinegar, and an ounce and a half of rosewater. In mixing, the glycerine is put in last. This should be applied nightly to the scalp.

TO PREVENT HAIR BEING SUNBURNED

CONSTANT exposure to the strong light of summer has precisely the same effect on hair as an overdose of hot curling irons; that is, it makes the tresses dry and crisp and lacking in polish or life. Eventually it causes the locks to fall, because the nourishing oils have been drawn out and the follicles starved.

Incidentally, sunburn causes the color to change, not evenly, but in streaked effects. For example, light brown hair may become soiled yellow in spots, black locks rusty, while naturally blonde tresses take on the look of ash. The dryer the hair originally the worse the shade.

When there is an excess of oil in the scalp the application of artificial aids becomes less necessary, and will not be required every day. But such hair should be watched carefully, and at the first appearance of any change of shade it must be given a touch of glycerine and water. A teaspoonful of the former to half a pint of the latter does not make a sticky lotion, but it does supply a little food that serves as a protection. It is the outer covering, and so is first taken by the sun. By the time that is absorbed exposure to light may cause no damage for the time. The application should be used morning and night, applying it by putting a little in the palm of one hand, rubbing the two together, and

then patting the head evenly; this to be done after combing, and just before making the coiffure.

When the hair is inclined to dryness under normal conditions it requires a pronounced oil to neutralize the sun's effect. One I like for the purpose is made from an ounce and a half of cocoanut oil, two and one-quarter drams of tincture of nux vomica, an ounce of bay rum and twenty drops of oil of bergamot. This is shaken before using, and should be put on with the finger tips all over the scalp. For the finish a few drops must be put into the palms and rubbed as directed for glycerine and water.

TREATMENT FOR SUNBURNED HAIR

WHEN the hot summer sun has faded the color and dried the scalp, a beneficial application to use is beef marrow pomade, made by mixing a gill of strained marrow with a tablespoonful of olive oil.

The marrow is easily obtained by buying beef bones containing it, and scraping it into a small saucepan to melt, but not get hot. It is then strained and the oil added. It may be perfumed, if desired, and twenty drops of tincture of benzoin may be stirred in to preserve it. Persons who object to this as being too greasy will prefer another, made of one ounce of pure olive oil, half an ounce of cologne, one-quarter ounce of gum benzoin and four ounces of alcohol. The benzoin is dissolved in the alcohol and the other ingredients added. After straining through coarse paper or muslin, two ounces of castor oil and half a dram each of oils of geranium and bergamot are added. This should be shaken before using. I consider it particularly good.

As far as the beef-marrow pomade is concerned, it will not grease the hair more than the other preparation if parts close together are made on the scalp and the tonic is rubbed on carefully with the finger tips, the way all tonics should be applied, except thin ones, which should be put on with a small sponge or brush. With all, the object is to saturate the scalp but not the long hair. No nourishment is given in the latter way.

Added to either of the tonics suggested, brilliantine may be used temporarily to give luster and polish before treatment has restored it. This polisher, as it may be called, is made from one-half ounce of honey, strained, a quarter of an ounce each of glycerine and cologne and an ounce of alcohol. The mixture must be made smooth, and, to use, the surface of the hair must be slightly moistened in the morning. Too much will cause a sticky effect.

Another tonic recommended for use on sunburned hair is made from half a pint of sweet almond oil, one and one-eighth ounces of alkanet root, nine and one-half grains each of oils of clove, mace and rose, half a dram of oil of cinnamon and seven and one-half grains of tincture of musk. The alkanet is dropped into the almond oil, which is placed where it is warm, the root remaining until the liquid is well colored. It is then strained off, the root rejected, and the other oils added to the almond.

Where the hair is dry, and like straw, through excessive exposure to the sun, this tonic should be put on every night.

With these tonics ready for use, a woman who comes back to town in the late summer should set herself to work for the improvement of her hair quite as much as she does to make her gowns pretty.

When retiring, fifteen minutes, at least, should be consumed in brushing and massaging.

Bearing in mind to have a fairly stiff brush to aid in stimulating the glands, and a coarse-tooth comb, she should first take out all tangles. To do this she must not pull, for that breaks the hair, but must work gently, always below, not above the knot. This will draw apart and smooth interwoven hairs without pulling them out. This done, many divisions of the hair must be made, rubbing the tonic into each line of the scalp. Very awkward this is at first, and it is always better to have another person do it, but if there is no assistant it must not be neglected.

This finished, begin massaging, giving special heed to that section above the temples where the hair is likely to grow thin.

STRAIGHT HAIR MAY BE MADE TO CURL WITH OILS

AT times I wonder if hair naturally wavy would be so uncommon if oil or grease in some form were used on the head instead of the drying agents. It is, I know, the common idea that in order to curl hair must be dry, but this is a mistake, and any woman who doubts the statement will realize its truth if she remembers that some of her friends' tresses that are usually straight show a decided inclination to curl if the atmosphere is damp.

The reason for this is obvious, for dampness gives weight and body to the hair. On this same principle, hair inclined to wave would be curly all the time if oil were applied every two or three days.

As for the oil, I doubt if it makes much difference what

is chosen as long as it is pure. Sweet almond oil might be scented; cocoanut oil would also be good. None has the virtue of being a curler in itself; it is only that the grease supplied may be a necessary element hitherto lacking.

Little should be used at a time, and the best way of putting it on is with the palms of the hands, as I have already told. For in this way too much is not applied. Should the hair seem heavy after the grease is put on it may be omitted for a day.

Always, after using the oil, there must be effort to lay the hair in waves. Tying a thin veil over the tresses so arranged helps to keep them in place.

It is a mistake to think that brushing straightens the hair. To the contrary, it is good for that which is dry, by helping to stimulate natural oils, and it is equally desirable for that which has too much grease, because it takes out some of the superfluous oil.

It must not be forgotten that hair once trained, or having the habit of waving, will be easier to manage than when it is straight. It may take weeks to develop the possibilities of curls that I believe exist in almost all tresses, and the most persistent effort is necessary during this time of training.

LOTIONS THAT KEEP HAIR IN CURL

OF the many preparations recommended to keep the hair in curl none is easier for amateurs to make, or is more effective, even in damp weather, than bandoline, made from quince seed. It is harmless, and keeps straight locks in curl.

The only objection to it is that when dry it assumes a powdery aspect suggestive of fine dandruff.

An old method for preparing this toilet preservative is to add a tablespoonful of the seeds, bruised, to a pint of soft water. Boil gently until the quantity is reduced to three gills. Then strain, and, when cold, two tablespoonfuls each of cologne and alcohol are added. If the hair is naturally oily, one-half a teaspoonful of powdered alum may be added, dissolving it first in the alcohol. For applying to the hair a small sponge is the best agent. This lotion must be put on before using curlers.

Another compound that imparts luster to the hair is made from one and one-half ounces of carefully picked gum arabic, dissolved in a gill of rosewater. It is strained through a muslin, and a drop of aniline dye is added.

This is put on before arranging the hair, and acts as a bandoline as well as a polish.

A third preparation of which I have heard, but do not vouch for, would be suited to oily hair. It is composed of one ounce of gum arabic and half an ounce of the granulated sugar which is moist—"coffee" sugar I think it is called. These are dissolved in three gills of hot water, and when the mixture is cold two ounces of alcohol are put in, first dissolving in the latter six grains each of bichloride of mercury and sal ammoniac. Enough water is then added to make a pint. I am positive the mixture should not be used if there is the slightest abrasion of the scalp, and I believe that because of the mercury it would be harmful to the hair.

TO KEEP FALSE HAIR CLEAN AND NATURAL LOOKING

FALSE hair will last longer and look better if properly cared for, and as the best quality is not inexpensive, and should be carefully selected, it behooves a woman, now that quantities of it are worn, to know how to make it last.

To begin with, then, a cheap quality is the most expensive, for after little wear it becomes either scrubby-looking or so harsh that it cannot be used. Cheap pieces lose color and either streak or fade quickly.

One of the most important and difficult details of caring for chignons is to keep them free from dust. Like hair growing on the head, they hold impurities, and unless cleansed will grow dull-looking and old. In their care a soft brush is an essential, and every night when the pieces are removed they should be stroked lightly but thoroughly with bristles in such a way that the dust is taken out. This should not be omitted even for one night, for once the switch or puffs become dust laden they are difficult to clean.

No false hair, when not being worn, should be exposed to the light, for sun and air will absorb its dressing unnecessarily. After being worn it must never be put away until it has been smoothed.

To wash a switch or puffs is practically impossible, but as cleansing is necessary at intervals, corn meal should be applied. The meal must be rubbed gently but thoroughly through the strands, and then, fastening the top of the piece securely, a long-bristled brush must be applied vigorously to remove the grains. Before this, however, the long

hair must be rubbed between the hands so the meal will absorb the dust.

Once in a long while, about every two months, a little oil rubbed on the false piece will keep it in condition, and aid in preserving the dressing. For this glycerine is excellent, and the manner of applying should be carefully followed. Too much of the grease will almost ruin, while too little will not be effective. When using the glycerine the tip of the piece must be securely fastened where the long hair will hang free. Then a few drops, scented, may be rubbed between the palms of the hands, to distribute it evenly, and then put directly upon the hair, the only difficulty being that unless care is exercised the grease will adhere to only one part of the switch. This is most apt to be avoided by pressing the palms lightly when first they are put on, making the stroke heavier as the grease is absorbed. Under no circumstances must there be an appearance of grease.

HOW TO DELICATELY PERFUME THE HAIR

PERFUMING the hair is among the simple and dainty details of a complete toilet that can be done by any woman at little trouble or expense.

To apply, scent caps should be worn, for they cover the hair, and have the added virtue of protecting it so that it neither snarls nor tumbles during the process. This makes combing in the morning a simpler operation, and the hair is benefited by being protected from the air.

For this headpiece a dusting-cap pattern is practical, the covering being merely a circular cloth large enough to keep the hair free and allow circulation of air. It is fitted to

the head by an elastic, care being taken that the latter is not too tight, or circulation will be stopped. The material for the cap depends entirely upon the amount of money a girl wishes to spend. Silk, of course, is best—a thin China or India. Silkolene is an excellent substitute. Besides this fabric for the cap there should be an interlining of thinnest cashmere, a wool material being necessary to hold the odor satisfactorily. For the lining stiff goods should not be chosen, or the head may be overheated.

Between the inner and outer cap any kind of sachet desired is sprinkled thickly. I am always a strong advocate of orris root, for it is sweet, lasting, and never cloying. If the cap is tufted at intervals there will be less danger of the powder settling in one part.

To use the cap for best results the hair should be thoroughly brushed and combed at night and then done in a loose braid. The more every hair is exposed to the cap the more it will take the sweet odor. It is not well to make any kind of coiffure that requires pins, for the braid is simply tucked up and the cap pulled on, covering the head entirely. It is worn all night.

To perfume a pompadour roll is simple, and this should be done whether or not the cap is used, for the roll will prevent the hair from losing its perfume through exposure to the air. To fix the pompadour, a gash about three inches long is cut. In this aperture the powder is thickly laid, choosing the same that is in the cap. Sewing silk the color of the pompadour is then used for closing the gap.

The powder will last for several weeks. There will be no chance of its sprinkling out if first put into a piece of

thin silk and sewed, but this work sometimes destroys the shape of the pompadour.

As any odor evaporates quickly when constantly exposed to the air, something more is required to make the hair hold any sweetness. To put little sachet pads into all one's hats takes only a short time and little trouble, and it helps remarkably in accomplishing the desired end.

Another way of helping to retain the perfume is to put the same scent, in liquid form, into the palm of the hand and on the brush bristles. It is at once rubbed and brushed over the head, imparting a slight fragrance. Care must always be taken that conflicting scents are not used.

SIMPLE METHODS OF REMOVING SUPERFLUOUS HAIR

FROM the beginning of time, probably, there have been external applications for the removal of superfluous hair, and some undoubtedly have more virtue than others. But I know of none that is a permanent cure, though some kill the growth temporarily. The reason that hair grows again, however, is easy to understand when it is known that each hair fits into a little cuplike receptacle, and unless this is destroyed the hair will be constantly renewed, as it is from the cup that nourishment is drawn. External applications kill only the hair itself, that might be called the "shoot," leaving the root to flourish anew.

There are, of course, occasional instances where the source of nourishment is dried by frequent use of an exterminating agent, but there is also this consideration, that the renewed growth is likely to be thicker than the original, the treatment acting as a pruning treatment.

Peroxide sometimes acts beneficially, but although I intend to give some formulas for external application. I do not wish it to be thought that I recommend them. More powerful ones, that sometimes scar the skin, I decline to give, but the simpler ones will not injure the surface.

An old-time remedy is composed of two parts of sulphurate of calcium to one part quicklime. The ingredients are powdered separately, thoroughly mingled, and kept dry in a tightly corked bottle. When applied they are made into a paste with water, and spread over the growth, and allowed to remain fifteen minutes or more, or until there is a sensation of smarting. The paste is then washed off with soap and tepid water. If the irritation is pronounced zinc ointment may be rubbed on. The hairs will drop shortly. Another, said to be quite safe, is a quarter of an ounce of quicklime, half an ounce of carbonate of soda and two ounces of lard. They are made into a paste and applied as the first.

Electrolysis is by no means an infallible cure, because, unless properly done, it merely kills the growth and not the roots. It works by the application of an electric needle that is supposed to go beneath the skin surface to the root. But unless the angle of the hair root is followed the result is no better than from external application. That this is frequently the case is attested by the number of times superfluous hair comes in again after electrical treatment, and for that reason the utmost care should be taken to have a reliable operator.

Peroxide, while it acts slowly, sometimes gives the best results of any external application, for the reason that it bleaches the hairs, rendering them less conspicuous, and so dries the nourishment as to kill the root entirely. It is used

merely by wetting the surface, but attention must be given that the skin is not injured by becoming overdry.

DANDRUFF CURE

Boracic acid, one dram; lavender water, two and one-half ounces.

Mix, and massage into the scalp every other night.

SIMPLE TREATMENT FOR DANDRUFF

A CONDITION of the scalp which is merely one of dandruff requires the most careful attention or it will become a disease. This state shows in a constant itching and in the presence of scabs on the head, and unless checked will cause the hair to fall in patches. In different cases the crusts may be hard or soft, but if in the former condition they must be dissolved before shampooing, or the soreness will be painful. The whole head should be anointed with olive oil, letting this remain on for at least two hours. At the end of that time a combination of egg and lime water must be used in shampooing.

Whether the crusts be hard or soft, egg and lime water are best, but it is only when the crusts are hard that oil must be the preliminary application.

One raw egg to half a pint of lime water forms the proportion. They are beaten together and are to be well rubbed over the scalp and through the hair. If the head is sensitive, as it must be when in such condition, the application should be made with the finger tips, taking care not to increase the soreness. Washing is done in clear warm water, soap not being required.

Where dandruff is excessive without soreness of the scalp,

quillai bark makes an excellent shampoo. The bark is put into warm water, left for several hours, and shaken at intervals, to infuse. The liquid will be soapy, and precludes the necessity for other cleansing agents.

Should the scalp be so sore it is sensitive to the touch, it may be necessary to resort to zinc ointment, which has healing qualities. This should be rubbed gently into the scalp before shampooing, parting the hair frequently, that all sections of the skin may be treated. Egg and lime water may then be put on to cleanse before rinsing in clear water.

Washing is to be done not oftener than once a month, and the daily application of a tonic in the interim is to be considered imperative. One specially suited to the condition—or whenever the scalp is so dry it causes powdery dandruff—is made from three ounces of cocoanut oil, four and one-half drams of tincture of nux vomica, two ounces of bay rum and forty drops of oil of bergamot. These should be shaken to mix, and are rubbed into the scalp at night with a piece of sponge, or, better, with the finger tips, the hair being parted frequently that the skin, not the hair, shall be anointed.

A CURE—WHEN DANDRUFF CAUSES HAIR TO FALL

AN excellent method for stopping the falling of hair when dandruff causes the trouble, is to give the scalp a gentle shampoo without soap, using the yolks of two eggs beaten in half a pint of lime. This must be thoroughly massaged over the head and washed out in clear warm water, finishing with a douche of cold to contract the pores.

A lotion for use at such times is made from one and one-half drams of pure glycerine and two ounces of lime water. This is mixed thoroughly, and once every two weeks the scalp is anointed with it, a soft brush being the best way of putting it on. One the size of a tooth brush should be selected. The hair is parted at close intervals, and the wet brush is drawn through each line. After this treatment the scalp must be massaged by holding the finger tips closely against it and then bending the knuckles. This is done to every part of the scalp, the purpose being to stimulate circulation and bring health.

After having made two applications of the lime-water lotion add to the original quantity one-quarter of an ounce of tincture of cantharides. This is put on every night for two weeks.

When that quantity has been exhausted the treatment may be changed to the use of another tonic, made from one-half ounce each of castor oil and strong liquid ammonia, one ounce of best French brandy and three ounces of rose water. This is put on only every other night, although massage must be given every night.

Should the latter tonic irritate the scalp, causing the slightest itching or pain, it must not be used again, and the first tonic, in which is tincture of cantharides, must be applied. As the scalp grows stronger the second lotion may be used.

No matter how oily the scalp may become, washing must not be done oftener than once a month. When the greasy condition is excessive a small quantity of lime water may be put on with a little sponge, using just enough to moisten the scalp but not to make it damp.

At the end of three months, if this treatment is followed, the head will be in a far healthier condition than before. The process is a slow one, as building up always is.

CHAPTER III

SHAMPOOS

SHAMPOO MIXTURES FOR BLONDES AND BRUNETTES

TO keep the hair at its best a shampoo suitable to the scalp must be used. For, contrary to the general opinion, what is effective for one person may be detrimental to another. For instance, dark hair requires different cleansing ingredients than would be used for blondes, because certain kinds affect the color. For example, a blonde should never use anything containing sulphur or iron, any more than a brunette should apply soda.

The last chemical, ammonia, and borax, are brightening in effect, but drying, so that if yellow hair is washed in either close attention must be given that the bath is not doing it harm. Brunettes will do well to apply yolks of eggs, subcarbonate of potash and claret, the latter being a popular ingredient in countries where the wine is inexpensive. Containing iron, as it does, it is excellent both as a tonic and for coloring matter.

A cleansing mixture adapted to light hair, that brightens without dyeing, is made from equal parts of dried rhubarb and strained honey, steeped for twenty-four hours in three parts of white wine. At the end of that period the mixture, which should have been tightly covered, must be strained, and the head and long hair entirely covered with it. The

preparation should stay on for at least half an hour, and until dry. It then must be washed off in clear water, with a little bicarbonate of soda in the final rinse.

Oils are likely to have a darkening effect upon really light hair, and should be eliminated from all applications.

A simple soap cleaning jelly is made by scraping a cake of castile soap and putting it into a clean saucepan with a pint of boiling water. Then let the kettle stand where it will keep warm until the soap is dissolved, when the liquid is poured into a wide-mouthed jar. It is jelly when cold.

To use, it is diluted with one raw white of egg to each teaspoonful of the jelly and a tablespoonful of water. One-half teaspoonful of bicarbonate of soda for each tablespoonful of soap may be added, unless it dries the hair too much.

Whites of eggs are among the most gentle and cleansing applications that can be made. They are slightly beaten and then thoroughly rubbed over the head and through the hair. No soap is needed unless the scalp is particularly dirty.

A shampoo suited to brunettes is made by beating two yolks of raw eggs into half a pint of claret, adding a gill of water. This is thoroughly rubbed over, without more water until the shampoo has been worked in.

For sticky and oily hair a strong cleansing mixture is made from two ounces of green soap (potash) to an ounce of alcohol, the two being thoroughly mingled before being rubbed over the scalp. This is drying, and not to be used for hair of ordinary texture.



Photo by Joel Feder, New York.

GIVING A DRY SHAMPOO.

HOW TO GIVE A DRY SHAMPOO

MANY women injure their scalps by shampooing too often. Of course, cleanliness is as necessary for a hygienic condition of the head as it is for the body, but too much washing dries the oils, deprives the hair of nourishment, causes it to have a dry and lusterless aspect, and finally to fall.

A dry shampoo is one of the best kinds of treatment that can be given, and if one can take this the third week after washing, and wait another two weeks before the next wet shampoo, the scalp may be kept clean without exhausting the oils.

For the dry process an application that aids is made from two gills of New England rum, a gill of bay rum, one ounce of glycerine and a quarter of an ounce each of carbonate of potash, borax and carbonate of ammonia. The borax, ammonia and potash must be put into the alcohols, and when dissolved the glycerine should be added. A thorough shaking is required to mingle these ingredients, and the mixture must be shaken before it is used.

Less expensive is another preparation, made from two ounces of lavender water, half an ounce of borax, one and one-half ounces of orange-flower water and one-quarter of an ounce of tincture of cochineal. The last and borax are put into the cologne, the sweet water being added when mingling is complete.

Both of these preparations are applied in the same manner, using a small sponge and then rubbing the scalp. They are left to dry in.

As to the actual work of a dry shampoo, the first essential

is to comb and brush the hair to remove all tangles. Then a shampoo mixture is poured into a saucer, and with a sponge is put on the scalp after the hair has been divided into many parts. In applying a liquid a part is made close to the forehead, the sponge is dipped into the fluid and then rubbed along a line in the scalp. Another division is made close by and the rubbing repeated. This is continued until every portion of the scalp has been cleansed. This work will take fifteen or twenty minutes.

After that the hair is brought back, and a little massage may be given, paying special attention to the portion over the temples, where hair is apt to grow thin. This massage is nothing more than holding the finger tips firmly on the scalp, then bending the finger joints so the skin of the head moves over the skull. This drives in the external application, at the same time stimulating circulation. It is an excellent treatment.

This done, if the patience is not exhausted, a tonic may be put on. The latter is not necessary, for both of the shampoo creams suggested have tonic properties; but if the scalp is inclined to be dry it is an excellent plan to rub in a mixture of an ounce and a half of white vaseline, three-quarters of an ounce of cold drawn castor oil, three-quarters of a dram of gallic acid and fifteen drops of oil of lavender. This is best applied by dipping the finger tips into the cream, which must then be worked into the scalp.

A final brushing and combing complete the treatment, which, if given with a degree of regularity, will be of greatest benefit to the scalp and hair.

HAIR NEEDS AIR MORE THAN SHAMPOOS IN SUMMER

MORE necessary, even, than washing, is airing the hair in summer, when, no matter how oily the scalp may be, it should not be shampooed oftener than once a month. As to the airing, a woman whose tresses are thick should never fail to do them in two braids at night. To twist them on the head, and pin there, is to invite thinness. One braid is better than that, but the scalp gets no refreshment even then; but by making two braids ventilation may be secured.

Preparatory to the airing a part should be put through the center, from forehead to the nape of the neck, and each half then brought over the ear, in order to leave the middle of the head free. The braids should be loose.

This is not to be done until a thorough brushing and airing of the locks has been given. For this treatment a long bristle brush should be chosen, and the hair divided into strands. Each of these, taken separately, should be brushed, beginning by placing the tips of the bristles on the scalp. The brush must then be drawn through the locks down to the ends. This should be repeated several times, and each strand placed out of the way as it is finished.

The instant a sour odor comes, washing must be done. Only shampooing will cleanse them, and nothing is more disagreeable than the effect of perspiration. If there is a tendency to oiliness, and because of warm weather an odor comes quickly, I think an egg shampoo is the best. For this raw eggs are beaten, a tablespoonful of water being added to each egg. For an ordinary head of hair two are enough.

These eggs are rubbed into the scalp and over the hair, no soap being used. Should there be the least trace of perspiration afterward there may be a final rinse in soda water, using a level teaspoonful of bicarbonate to a basinful of water.

As this is drying in effect it should not be used unless necessary. When drying it is well to let the sun strike the head a little, but not for more than five minutes.

It is restful to the scalp if the hair is dressed a different way in the morning, in warm weather. In the early part of the day, when simple frocks are worn, it may be twisted or braided at the back, making an elaborate coiffure for afternoon. This insures the head being cool in all places at different times.

DRYING HAIR WITH HEAT INJURES THE ROOTS

ONE of the most common errors in washing hair is to dry it by heat. This is harmful, for shampooing extracts so much of the necessary natural oil which acts as nourishment that to absorb more by steam or electricity is decidedly hurtful. Therefore, no matter what the necessity for a "quick dry," the temptation to hang the tresses over a radiator or before a register must be resisted, and the locks must be dried by rubbing with towels, letting the mass hang loose at times while resting the arms. The most attention must be given the scalp and the upper parts of the hair near the scalp, for the lower will dry itself. If there is the slightest disposition to waviness, when dry, only a comb should be used in removing the snarls, for a brush straightens too much.

CHAPTER IV

BLEACHES AND DYES

BLEACH FOR TAN

Put half a pint of rich milk into a porcelain kettle and bring it to a boil. Skim carefully, and add one-quarter of an ounce of strained lemon juice. Remove from the heat and pour in one-half ounce of white brandy.

Bottle when cold, and apply to the face at night with a soft cloth, letting the mixture stay on all night. Wipe over the face again in the morning after washing.

LEMON IS BLEACH FOR TAN AND SUNBURN

ON summer dressing-tables lemons should always be placed, for this fruit is an excellent bleach, and light freckles, a thin coat of tan, and stains of various kinds that assail the skin, disappear with its use. Be it understood, however, that the acid is not strong enough to remove deep color, and that only by applying it constantly will it be efficacious. Also, like every other such whitener, it has disadvantages, and constant application of it is drying. For this reason its effect must be watched, and if there comes an appearance of chapping for a few days use of the acid must be omitted. This is less likely to occur in warm than in cold weather.

One merit of lemon juice as a cosmetic is its cleansing properties, so that it may be brought into requisition both before and after washing.

For the face, unless badly sunburned or freckled, it is an excellent plan to wipe over the complexion with the juice, then wash, and again put it on, letting this last moisture dry into the skin.

Rather than squeeze the juice, and put on with a cloth, as is sometimes done, I like to rub it on directly. To do this the lemon may be cut in two, and one-half becomes a swab or pad that is thoroughly rubbed over the surface. After a few minutes the outer slice should be cut off, leaving a new surface with which to work. Then, if cleansing is the point, a soft cloth must be mopped over the skin to take out the dust. Rubbing and wiping should continue until the cloth shows no trace of grime. When bleaching is the object, as for sunburn and tan, a final rub with the fruit is essential, letting the last application dry in.

Water must not be used when the skin is discolored, or burning, from exposure to sun or wind .

An excellent cleanser for the hands may be made by melting or softening cold cream and adding to it lemon juice and powdered pumice. An ounce of cream to a teaspoonful of pumice and a teaspoonful of juice is a good proportion, and the pumice must be put in before the juice. When the last is added the mixture must be stirred constantly to combine it all.

RECIPES FOR THE MAKING OF BLEACHING CREAMS

BLEACHING creams should be used by girls and women who spend their vacations at the seashore or mountains, where their skins tan or freckle, for it is a mistake not to remove burns or freckles before cold weather, as the chill has an unpleasant way of settling the color.

Before giving formulas for any cold creams I wish to state this about mixing them: More than half the failures are due to the fact that, in preparing, the fats used are allowed to become hot. Once this happens the chance of their congealing is small, or, if they do, the quality is not apt to be good. Spermaceti and white wax—indeed, any such ingredients—should be softened, this includes a slight warming, but nothing more. If they are broken into small bits before being put into the mixing bath success will be greater.

Another secret in the art of mixing creams consists in beating them. Some persons use a new eggbeater for the purpose, but I prefer a silver fork, wishing that only pure metal shall come in contact with the cream. It is not enough to stir; beating, precisely similar to that given to eggs, is best.

The vessels in which the creams are prepared must be of china or glass. Metal of any kind is highly undesirable, and will probably take away from the pure whiteness of the mixture. A plain china cup is excellent.

A cream especially recommended for the aftermath of sunburn and tan is made from two ounces of sweet almond oil, three drams each of white wax and spermaceti, one dram of borax, three-quarters of an ounce of glycerine, one ounce of orange-flower water and eight drops each of orange-skin oil, oils of neroli and petit grain.

The spermaceti and wax must be broken and put into a cup placed in a pan of boiling water. The almond oil should then be poured in, and as soon as the fats are soft the cup removed. In the glycerine the orange-flower water must be mingled, the borax being well mixed with them. This

preparation is then added to the fats, beating constantly. If the cream begins to harden before the mixture is complete, it is replaced in the bath for a moment. The perfumed oils go in last. When finished the cream should be of the consistency its name implies.

Cucumber cream is adapted for such use. It is made by mixing two ounces of almond oil and half an ounce each of white wax and spermaceti with an ounce of cucumber juice. The latter is made by washing a cucumber and cutting it into small bits, peel and all. About a teaspoonful of water is added, and the cucumber placed on the fire where it will heat slowly and simmer gently until the mass is pulpy. It is strained through a cloth, and when cold is beaten into the cream. Ten drops of tincture of benzoin improve it. Mixing is done as was described for the first formula.

BLEACHES FOR RED FACE

EXTREME redness of the face, when it does not come from the use of intoxicants, is likely to be caused by impoverished blood, which does not circulate properly through the veins, or from indigestion. Either one may cause flushing of the entire face or of one portion, such as the nose or cheeks and chin. Of that there is no doubt, and it sometimes happens that external applications may aid in a cure.

One that may be improving is made from one dram of iodide of potassium, half a pint of distilled water and half an ounce of glycerine. To mix, the water and iodide should be thoroughly blended before the glycerine is added. It is rubbed over the face morning and night with a soft bit of

linen, and its use must be discontinued for a time if the skin begins to chap under it.

Another, suited to redness of the nose and surface application to the face in any other portion that becomes unduly red, is made from fifteen grains of tannic acid dissolved in five ounces of camphor water. This is put on several times a day, drying in. Like the first, its effect upon the skin must be watched, and should it cause dryness must be discontinued for a time.

For surface bleach, when the skin and not the blood vessels is to be treated, an application which acts slowly but well is made from two ounces of lactic acid, one ounce of glycerine and half an ounce of rosewater. It is applied as is the first two. Mercurial lotion, which may not be used if there is any eruption of the face, is the strongest bleach made and is to be brought into requisition with great discrimination, I think. It is made by dissolving ten grains of corrosive sublimate crystals in half a pint each of rose and distilled waters. The work should be done by a chemist.

It is used by wiping over the face morning and night with a soft cloth. The liquid is poison if taken internally.

SUGGESTIONS ABOUT REMOVING YELLOW STAINS FROM NECK

HIGH collars are almost sure to ruin even pretty necks by making yellow lines and fine wrinkles in the skin.

For the tight neck dressings interfere with the free circulation of the blood, thus starving the tissues and causing the local muscles to become flabby.

To avoid such injury the collars should not be worn so tight that the neck cannot be moved freely inside the band.

I recommend to every woman that she shall give special attention to this detail when having frocks made, and that her collar may be as high as she likes, but with breathing space, as it were, for the skin they cover.

Massaging every night I believe a sovereign course for preventing discoloration and keeping the throat firm and in generally good condition. A cream I like for this purpose is made of an ounce of benzoated oxide of zinc ointment and two drams of strong spirits of camphor. This, by the way, is an excellent astringent, and may be worked into the face about twice a week.

For the neck treatment, the skin should be thoroughly washed every night with warm water and soap, letting the water stay on long enough to open the pores. All soap must be rinsed out. While the skin is still soft the cream is rubbed in, applying it always with a rotary motion, especially under the chin where the cords first lose their strength. The stroke should be a firm one, continuing all the way around, the greatest effort being directed about on the line where the collar ceases. This massage must take five minutes and even longer. When it is over the throat should be patted with a soft bit of dry linen.

Another piece of muslin is then dipped into cold water and patted wet over the flesh. This serves to contract the pores opened by washing and rubbing. To be efficacious the water must be positively cold and generously applied. Drying is done by mopping, not rubbing.

In the morning, instead of using water for cleansing, the throat may be wet with a lotion of a quarter of an ounce of

powdered borax, half an ounce of pure glycerine and a pint of camphor water. This is patted in and wiped off, drying with a rotary motion, as in massaging.

When the line about the throat has developed until it is yellow, some persons favor bleaching by a gentle burn. For this a paste is made of dry English mustard, taking a tablespoonful and mixing it into a paste with a teaspoonful of sweet almond oil and as much lemon juice as may be required. This is rubbed on the discoloration night and morning and left until the skin smarts. It is then washed off with warm water. After several days the skin will peel, usually without hurt, and the discoloration should disappear. The camphor water lotion last given is then used.

A fact to be taken into consideration is that the same bleach will not do for every skin. That which is admirably suited to one, and may restore the neck to pristine freshness, would be entirely inefficacious for another. This is because the quality of the skin differs, the epidermis of one being thicker than that of another, and so less easily affected.

Citric acid, the basis of many bleaches, is made from lemons, and incidentally simple lemon juice, if used steadily, will accomplish whiteness for many persons, but citric acid seldom fails. It is the strong agent in a formula composed of one and one-half drams of the citric acid, five and one-half ounces of hot water, a dram of borax and half an ounce of glycerine. The acid and borax are dissolved in the water, the glycerine being mixed in later. It should stand over night and then be strained through fine muslin. If wished, the glycerine may be omitted until after straining and a few drops of rose essence then combined.

This mixture should be wiped over the discoloration morning and night and allowed to dry on.

Of equal strength, but more suited to some persons, is a lotion made from two ounces of lactic acid, one ounce of glycerine and half an ounce of rosewater. This is put on not only morning and night but during the day with a soft piece of linen.

BLACK AND BROWN DYES FOR GRAY HAIR

NO dye gray hair black use sage tea, a harmless coloring lotion that is made by steeping gently two ounces each of green tea and dried sage in three quarts of water until only two quarts are left. When reduced in this manner it must stand for twenty-four hours, then the liquid should be strained off. More than one application of this is required to get the best effects, and a small brush or fine comb that will put on the tea evenly is best. It must be applied nightly, and unless care is taken will stain the pillow. The tea does not keep long without souring, and I know of nothing to preserve it.

Walnut shells also make a stain that is almost black, and an English preparation for walnut dye suggests buying the hulls from a druggist, chopping, and putting loosely into a large-mouthed jar. A preserving jar is good. Over this enough alcohol to cover is poured. This stands for a week, tightly covered, then the liquid is poured off. The husks are pressed then and the second liquid added to the first. This done, the husks are covered with water and simmered for fifteen minutes. Again they are strained, and the water, when cold, put with the alcohol. A heavier shade is made

by boiling the water, always slowly, until the husks are reduced to a pulp. This is also strained through a muslin, and when cold the alcohol is mixed with it.

This stain or any other will be useless if the hair has not been previously washed and dried before the coloring material is put on. The least trace of grease prevents the dye from adhering, and for this reason soda or ammonia in the washing and rinsing waters becomes imperative. And the dyeing agents are what injure the roots, for they make the scalp unnaturally dry.

MINERAL BLACK AND BROWN DYES FOR GRAY HAIR

BROWN and jet black mineral dyes for gray hair that are more powerful, and hence more lasting, than the preparations described in the last chapter, are mixed in this way:

For a pronounced black coloring use a solution of a dram and a half of nitrate of silver to two ounces of distilled water.

A dark brown is made by adding to this solution an equal amount of distilled water, while double the amount of water put to the original solution will make a light brown. To give exact directions for a shade is impossible, for the color, after it dries, is governed by the original shade of the hair. It is only by experimenting that a person will find what suits.

Besides the dye a mordant is required to make the color hold. One of the simplest of these is made of one and a half drams of sulphuret of potassium, an ounce of distilled water, three-quarters of a dram of liquor of potassa and two

drops of oil of anise seed. When used this is diluted with five times the amount of water.

To dye the hair, begin by washing it, for no color will "take" without a preliminary shampoo.

Then comes the mordant. This is applied with a fine-tooth comb; every strand is covered, evenly and quickly, care being taken not to wet the scalp. This preparation dries on, and then the dye may be applied.

No person can color her own hair. The work must be done by another, and as with the mordant, a fine-tooth comb is necessary. To put on, the coloring is poured into a deep plate, like a soap dish, and the comb is wet and evenly and quickly pulled through every part of the hair, taking care not to get on more dye in one place than in another, or the after effect will be streaked. It takes skilful work to do this dyeing, simple though it may seem. If the scalp becomes colored the spots should be washed off with a wet cloth. The dye dries in a short time.

Coloring should not be done oftener than once a month, and every few days a little oil carefully rubbed over the tresses will neutralize the action of the dye. Some persons prefer brilliantine rather than oil to counteract the effect of coloring.

TO COLOR HAIR A BEAUTIFUL GOLDEN TINT

TO bleach the hair is quite as injurious as to stain it dark, for breakage and drying follow inevitably.

Besides peroxide there are one or two other applications that will make a tone golden, but I have yet to see any bleached hair, even that done with henna, which has not a certain straw shade nature's color never evidences.


When peroxide is used the hair is washed and thoroughly dried. Indeed, a shampoo must always first be given, and there must be soda or ammonia in the rinsing water in order to cut all natural oils from the hair, for the least trace remaining will prevent a bleach from working. Drying must also be complete.

This done, peroxide of hydrogen is poured into a deep receptacle, into which a comb may be thrust, or into a large shallow one suited to the bristles of a brush. A comb as an agent for applying will make a more even finish, but a brush is less apt to wet the scalp, and great effort must be made to keep the head skin untouched by the application.

Whichever implement one decides to use, the bleach must be put on evenly and the hair allowed to dry. If the color is not sufficiently reduced a second and even a third application should be made. The hair will inevitably be ruined by the treatment, for it will be stiff, coarse and dry after a time.

Henna is thought to be less harmful, and with some hair produces more of a golden tint than may be secured by using peroxide.

A paste for this purpose is made from four ounces of powdered henna and four drams each of acetic acid, white honey, strained, and powdered rhubarb. These are well mingled before enough hot water is put in to make a paste. After the shampoo and drying, as previously directed, the paste is applied evenly over every inch of hair, and one sits in the sun for two hours. At the end of that time the preparation is washed off in water in which is no soap, but about a teaspoonful of ammonia. All traces of paste are to be removed, and drying is done in the sun again.



TO RESTORE BLEACHED AND DYED HAIR TO ORIGINAL SHADE

SAD is the predicament of a woman who has bleached or dyed her hair. For, having changed the color through chemical process, it becomes necessary for her to continue the treatment or have a head of hair that is streaked. And yet, to continue the process indefinitely is out of the question, because both bleaches and dyes so dry and break the locks that the longer the treatment lasts the worse the hair becomes.

Advanced though science is, there is nothing yet known that will bring back the original condition quickly. Time and care alone will do it, and the interval of transition is one calculated to bring sorrow and desire for seclusion. The change will begin of its own accord at the roots, as new hair grows out, but the long tresses will stay almost as they were when being treated, save that the shade will become dingy and worn, and a general "many-colored" aspect evident.

It is true that attention which will help to stimulate the natural oils while providing a substitute for them at first, will hasten an improvement.

The treatment after bleaching or dyeing is the same. Massage, brushing and grease are to be applied every day.

At night, after the hairpins have been taken out, a long-bristled brush should be drawn through the tresses, from scalp to ends, for at least five minutes, and preferably ten. The hair is to be divided into sections, that are stroked separately, that each portion shall have a thorough going over. I would then suggest using a tonic made from one

and one-half ounces of cocoanut oil, two and a quarter drams of tincture of nux vomica, one ounce of Jamaica bay rum and twenty drops of oil of bergamot. This is greasy, and is to be kept from the long hair.

Divisions are made, one at a time, close together on the scalp, and the tonic rubbed in with the finger tips, until every part of the surface has been gone over. Then the scalp requires massage to drive in the application, the finger tips being rested securely on the head and the joints moved without displacing the tips. This causes the scalp to move over the skull. It is better to apply the tonic a little at a time each day than to put on a great deal every other day. If too large quantities of it are employed the hair will become so clogged that to dress it is impossible.

In the morning there should be another thorough brushing, the bristles made to touch the scalp at every part.

CHAPTER V

HANDS

TO WHITEN HANDS

Strained honey, one ounce; lemon juice, one ounce; cologne, one ounce.

Mix, and rub well into the hands at night, then wear a pair of large kid gloves, the palms split for ventilation.

TO SOFTEN AND WHITEN HANDS

TO whiten and soften the hands is such a simple and inexpensive task that there is no excuse for coarse-skinned fingers and broken nails.

In treating the hands gloves are the first essential to beauty, and for this purpose a cast-off pair belonging to the man of the family should be selected, for his are more desirable than a woman's because the large fingers do not cramp muscles in the woman's hand. As to the kinds of men's gloves, white ones are better than dark, because occasionally the dye rubs off. This, however, is not common.

Next to gloves, grease is necessary. Taking it all in all, for real solid work, when the hands are often put into hot water and come in contact with strong soaps, I believe vaseline is better than any other oil. It is more penetrating, being quickly absorbed by the pores, and it counteracts the drying effect of an excess of water. In my opinion, a pot

of vaseline on the sink of a woman who does her own work is more important than a cake of toilet soap. The latter will not get into the pores of her skin—that is, will not thoroughly clean her fingers; while by using a quantity of vaseline as though it were soap, rubbing it in well, and then washing off with hot water, the soil is quickly removed. In addition to applying this grease a mild soap is certainly desirable, but it is not imperative.

Next in effectiveness to vaseline is sweet almond oil. I believe in it more than in cold cream, because the action of the latter is less rapid than that of the other two kinds of grease, and therefore they are more desirable for the hands, but not for the face.

On occasions when it is necessary to put the fingers into water, vaseline should be rubbed on as soon as the skin can be wiped. If strong soap has been used in housecleaning there should be two distinct applications of grease, the first being worked in after drying the flesh, when a wash with gentle soap must be given, as already suggested; then follows another rubbing with vaseline, which remains when the gloves are fitted in place. These gloves become soaked, and then are the best that can be had for softening and whitening the skin.

At night a special pair should be used, and on going to bed sweet almond oil must be generously rubbed on the flesh, and then the hands should be thickly covered with powdered French chalk before the kid coverings are pulled on. In the morning the fingers will be dry and appreciably softer.

CARE OF HANDS IN COLD WEATHER

ONLY proper care will keep the hands soft and white in winter if there is the least sluggishness of circulation, for unless the blood flows freely cold temperature either causes it to settle in the fingers, making them extremely red, or prevents it from reaching them, and so they become pinched and dry.

Between these two conditions there is no choice, and when the latter prevails the skin hardens and that about the nails gets into a painful condition. Treatment for the two, however, differs widely after the first aid, which consists in trying to prevent them from being chilled, is accomplished.

As to the treatment, contrary to general opinion, a muff does not always make the flesh warm. Kid gloves are cold, and when the hands are thus covered a muff becomes necessary. The warmth afforded by the fur and the lack of air on the hands induces perspiration, so the kid becomes wet. Then the first moment the gloves are withdrawn from their protection they get cold, and hold the chill, which is instantly passed to the skin. The moist kid prevents the chill from leaving, and injury to the hands is then started.

The best way of keeping the fingers warm is to wear loose kid or dogskin gloves, pulling heavy woolen ones over them. The leather holds the natural warmth and the outer woolen prevents the cold from striking through.

If in addition to the wearing of two pairs of gloves a woman can rub on cold cream, her hands will become, in time, beautifully soft. In applying this nourishing food it should be worked into the fingers and backs of the hands,

especially on the cuticle at the base of the nails, before the gloves are pulled on. And unless too much grease is applied it will not soak through the leather.

As a rule, by the time one comes in from walking, and removes the gloves, the cream will have been absorbed. Then the fingers must be washed and wiped with glycerine and rosewater, in proportion of a third of the former to two-thirds of the latter, having five drops of carbolic acid to each gill of the mixture. The superfluous amount on the skin may be wiped off.

An excessive degree of heat injures the hands if applied when they are cold or are predisposed to chill. Washing should be done only in tepid water, and the condition will be much helped if a teaspoonful of glycerine is added to every pint. Natural heat must be restored by rubbing and exercising, never by holding the hands over a register or radiator.

At all times grease should be kept on, for this feeds the tissues from which the normal amount of oils is lacking. Always, after wetting the hands, grease in some form must be applied, even though it is wiped off directly afterward.

PASTES THAT WHITEN THE HANDS

A PASTE that will quickly restore reddened skin to whiteness is made from one ounce of powdered myrrh, four ounces of strained honey, two ounces of yellow wax and six ounces of rose water. The wax is melted in a cup set into a pan of boiling water. While the liquid is warm the myrrh goes in, the cup then being removed from the heat. After a thorough beating the honey and

rosewater are used, adding the latter slowly. If the paste is too thick to spread easily it should be thinned with glycerine. The application is excellent for the arms and throat, as well as the hands.

More delicate is a mixture of a dram of oil of sweet almonds, half a dram each of glycerine and rice flour, a dram of fresh yolks of eggs, half an ounce of rosewater, and eighteen drops of tincture of benzoin. The ingredients are mixed in a china or glass bowl and beaten to a smooth paste. Because of the presence of eggs, the paste will not keep longer than three days, so must be made in small quantities. It should stand in a refrigerator when not required.

When the hands are so chapped as to be painful a more healing application is made from one ounce each of cocoa butter and sweet almond oil, a dram each of oxide of zinc and borax, and six drops of oil of bergamot. The cocoa butter is broken into a cup and set in a basin of hot water, the oil of sweet almonds added as the first ingredient melts. As soon as blended the zinc and borax are put in, stirring quickly and thoroughly. If the cream begins to harden before mixing is complete the cup may be returned a moment to the hot bath. The bergamot goes in just before the hardening is complete.

Before anointing the hands with this bathe with a pulp of linseed oil and bitter almond oil. After a moment this is washed off in water which contains a small percentage of benzoin.

DISH WASHING BEAUTIFIES HANDS

HOWEVER much a girl may dislike dish washing, she need not evade it because she thinks it will hurt her hands, for even the hottest water and strong soap will do no damage if a little "before and after" treatment is taken.

The object to be attained is to prevent laundry soap from drying the skin, making innumerable almost invisible cracks. Small as these are, they are still sufficiently deep to catch and hold dust, making a grimy aspect. This same condition will result from the use of any soap that has too much alkali, even though one does no housework. The counter irritant in either case is grease. Greasy water is not the same thing, however.

One who must wash dishes regularly should keep a large jar of cold cream, a nail brush and a nail stick, with a bit of absorbent cotton, at the sink. A cream admirably suited to the purpose is made from two ounces each of rosewater and almond oil, and half an ounce each of white wax and spermaceti. It is made by breaking the two last into small pieces and putting them into a cup set into boiling water. As soon as the pieces soften the almond oil is added and the cup is then removed from the bath. The rosewater is beaten in slowly, using a silver fork. If the cream begins to harden before all the sweet water is in, the cup must be returned to the bath for a few moments. The cream must not be allowed to become hot.

Before washing any dishes the hands should be rubbed with cream, putting it on carefully at the base of the nails. Over this, if liked, some powdered French chalk may be

thickly dusted, but the latter is not required. The hands may then be put into the soapy water and the work done without injury.

As soon as the last dish is washed warm water should be drawn into a small basin and the hands washed carefully, using a mild toilet soap. The nails must then be brushed and cleaned with as much care as though one had been digging in the dirt. Following this, wiping is done in the usual fashion.

This bath is for the purpose of removing any grease that may have adhered to the skin, but it will not counteract the effect of hard and soiled water. To accomplish this, more cold cream is rubbed over the hands and nails, using it as though it were soap. Wiping, not washing, follows, and great care must be taken that all surface cream is removed, or the hands will soon become soiled. If friction is done with a soft towel, and all parts of the fingers are rubbed, there will be no sensation of greasiness, and at the same time the pores will have been filled with a preparation that prevents damage from the work.

STAINS MAY BE EASILY REMOVED FROM HANDS

PUMICE stone, either powdered or in tablet form, is invaluable on a dressing-table for the removal of stains from the hands, and when supplemented by lemon juice there are few discolorations it will not dissipate. Nothing of this sort must be applied any oftener than necessary, for it will undoubtedly make the skin hard.

In my opinion, a rubbing with some refining lotion should be given after such a washing. I am a strong advocate of glycerine and rosewater, as it is both efficacious and inex-

pensive. Common water may be substituted for the rose, when expense is to be considered, and one-third of glycerine is put to two-thirds of water. Ten drops of carbolic acid to half a pint of the mixture makes it more bleaching and healing. A few drops are applied after washing, before drying, and are wiped off at once. It is not unpleasant to use in warm weather.

Pure cucumber juice is another excellent whitener, the vegetable being washed, cut, skin and all, and gently simmered until the mass is pulpy. It is then strained through muslin. Only enough water is put with it before cooking to keep it from sticking to the pan. When cold enough tincture of benzoin, to make the liquid milky, is added. This is rubbed on through the day and at night. Should it make the skin feel overdry, cold cream must be employed at the same time.

TREATMENT FOR PERSPIRING HANDS

EXCESSIVE perspiration of the hands, as a rule, indicates a run-down condition of the system that requires internal treatment to cure. Of course, local applications will temporarily relieve the unpleasantness, but powders and lotions that close the pores eventually dry the skin, so their effect must be closely watched.

A tonic that affects some beneficially is made from four ounces of alcohol and half an ounce of tincture of belladonna. With this mixture the palms are wiped several times a day, the liquid drying on. It evaporates quickly. This, however, should not reach the backs of the hands, or it will affect the skin unfavorably. If wished, talcum powder or orris may be dusted on as soon as the liquid dries.

Another tonic believed to have virtue is made from three ounces of rosewater, one ounce of elder-flower water, a quarter of an ounce of tincture of benzoin and five grains of tannic acid. This may be used frequently, and also applied to the face when the complexion is oily.

A strong French preparation will sometimes be effectual when others fail. It is made from two drams each of isinglass and turpentine and four drams of oxide of zinc ointment. The turpentine is warmed by setting in a pan of hot water, but must be kept from direct contact with hot air, or it will explode. The isinglass is put in and the turpentine kept warm until the former is dissolved. The zinc ointment is then rubbed through smoothly. The paste is applied to the palms of the hands, rubbing in two or three times a day, and at night. When put on during the day a dusting of orris powder is advocated, as the odor of the paste is not pleasant.

If one's hands perspire it is a mistake to wear too tight kid gloves, because they exclude the air, thus stimulating perspiration. Gloves at least half a size larger than the hand should be chosen until the pores are in normal condition.

Any agent that stimulates circulation will be beneficial, although its effect will not be immediately noticed. For instance, exercise, waving the hands briskly from the wrists, not from the elbows, is one movement that is recommended; another is to open and close the fingers quickly and tightly. This may be done at any time during the day. Water warmer than tepid should not be used; the object of the treatment being to do nothing that will open the pores and much that will contract them to normal condition.

CHAPTER VI

NAILS

POLISHING NAIL POWDER

Oxide of tin, one-half ounce powdered carmine, one grain; powdered orris root, one grain.

Mix by sifting three times through coarse muslin.

SUGGESTIONS ABOUT MANICURING NAILS AT HOME

INJUDICIOUS ways of trimming nails are partly responsible for badly shaped finger tips. Nails serve as a brace for the flesh, and if the prop is unwisely cut away the skin will sag. Thus the effect of cutting the nails too far at the corners is easily understood. For the flesh that should be upheld has nothing to cling to, and a broad, flat tip is developed.

It is absolutely impossible to make a wide nail almond shape, and this being the case, the sooner heroic measures are dropped in an effort to make the change the better. It is this unwise attempt to make narrow a surface which is wide that is the beginning of the trouble. An inexperienced person imagines that by cutting away the nail at the side its aspect will be altered. This is true, but only for the worse, a fact to be remembered each time a file or a pair of scissors is used.

Consolation for a woman with homely finger tips lies in the fact that much improvement is gained merely in shaping the tops, letting the sides alone. If narrowness is achieved it will be by making them oval on the edge. A pointed top merely makes the rest of the nail look broader by con-

trast, whereas one slightly rounded does not call attention to the wide surface.

It is always a mistake to clip the nails with scissors unless the final finish is given with a file. Even then scissors should not be used, for their effect is to thicken the nail and take away the transparency. Once the use of a file is learned it works quickly, and better lines are made with it.

Better not use a manicure knife unless one has had professional training. Even so, many of the best manicures no longer operate with one, substituting an orange-wood stick, flat at one end. For this task a little basin of hot, soapy water, some curved manicure scissors, a file, some polishing powder and absorbent cotton will be needed. Twist the merest wisp of cotton around the end of the orange-wood stick, and run this beneath the nail edges. The cotton wipes out dust or particles far more thoroughly than a bare stick or piece of steel. This is a trick worth remembering, for it keeps the skin soft beneath the nails and makes them less likely to pick up dust. If one has been using a sharp instrument for cleaning, its use should be stopped. Several days must elapse before the skin smoothes after the heroic treatment it has had, but the result is worth the waiting.

To manicure, begin by filing the nails in any shape wished. Do both hands and lay the file aside, though it may be needed again for smoothing rough edges.

Then put one hand into the basin of soapy warm water and soak it for five minutes; longer, if you wish. Then wipe gently, by no means thoroughly, and use the orange stick. With this push the cuticle gently toward the base of the nail. Wet the stick end and rub it to and fro over the nail on the line where the cuticle has been.



Photo by Joel Feder, New York.

TRIMMING CUTICLE IN MANICURING.

The skin will be so soft from soaking that the friction will take off any adhering particles. Wipe carefully this time, and with the sharp-pointed scissors trim off projecting points of flesh that are too firmly fastened to come with the stick. Take care not to cut deep or to draw blood. Better take off too little cuticle than too much.

Go over each nail in this fashion, keeping the stick a little moist to prevent the skin from drying. Should this happen it will be impossible to get good results. As soon as each nail is finished annoint it with cold cream to counteract the effect of so much water, otherwise the nails become too dry.

Soak the other hand as was done with the first, and work at that. If it is the right, more time will be required, for working with the left is awkward. Both done, cover each nail copiously with powder and polish with a chamois burnisher. Then wash and scrub the hands, wiping carefully. Inspect the finger tips closely, cutting or rubbing off with the stick any points of skin; then polish with dry chamois, and the hands should look infinitely better. Polishing must be done every day, but once a week is often enough for filing and soaking.

GREASE BEAUTIFIES TEXTURE OF NAILS

USE grease to make the nails shapely. Use grease all the time; cleanse finger tips with it instead of soap.

It tends to give them a satinlike appearance with a tinge of pink, which is the desirable condition for finger nails.

When the surface shows ridges, and there is a general look

of coarseness, I would advise soaking the finger tips for five minutes every night in warm sweet almond oil. The same bath may be used over and over again. The temperature of it should be only tepid. This warmth will cause the fluid to soak in more thoroughly.

I like vaseline better than cold cream when the nail structure really requires nourishment. So when one has treated her fingers to the almond oil bath she should pat them gently with a piece of old muslin and proceed to fill the cracks at the base of the nails and around the cuticle with vaseline. Then, with a piece of chamois, she should rub each separately to drive in the grease. Much will be taken up in this fashion, so that another application of vaseline should be made. But before this second dose an orange stick should be applied to the cuticle. With the flat end of this stick the flesh at the bottom of each nail must be pushed back gently, increasing the effect by putting the thumb of the other hand on the flesh below the nail and drawing it down gently. Should there be ragged pieces of skin about the nail they may be cut with manicure scissors, but no attempt must be made to cut strips of the cuticle.

After the second bath of vaseline old gloves must be put on, for the warmth of the kid will drive in the grease. This part of the treatment is to be continued for a week at least.

In the morning, when the gloves are drawn off, a chamois burnisher containing no grease or powder should be rubbed briskly over each nail. Powder may be used only once a week, for while effort is being made to supply the nourishment frequent applications of powder that is drying in effect would defeat the purpose of the cure.

The greatest care should be taken to use only such soap

as does not dry the skin, and after each washing a little grease must be rubbed over the base of the nails, wiping, but not washing, it off afterward, so there will be no greasy aspect to the fingers. The burnisher, if used often, will soon bring a polish to the surface. It also helps to smooth the nails. Once a week they may be rubbed with powdered chamois, but before this is done the burnisher must be wet, so the moisture will prevent the powder from scratching the surface. Pumice does not polish it—just smooths.

If white spots appear on the nails they may be rubbed at night with an equal mixture of turpentine and myrrh, olive oil being required the next morning to remove it. Several applications usually cause the spots to disappear.

HOW TO CARE FOR NAILS IN WINTER

IN cold weather oily lotions must be rubbed on the nails often, and a cream excellent to use in this way is made from a quarter of an ounce of sweet almond oil, sixteen grains of table salt, sixteen and a half grains each of powdered resin and alum (powdered), forty grains of white wax, and a grain of carmine. The wax and resin should be put into a china cup and set into hot water to melt, but not get hot. As it softens add the oil, salt and alum. The carmine is put in last. Then the latter is removed from the bath and beaten to a smooth cream. It is then rubbed on the nails through the day, leaving it on when convenient.

Polishing powders should be little used, as their effect is excessively drying. A tinted cream that will give a slight shine is made from half a dram of powdered carmine, a dram of fresh lard, twelve drops of oil of bergamot and six drops of essence of cyprus. The latter may be omitted.

This is mixed as the foregoing, softening the lard, but not allowing it to become liquid. To use, apply with a bit of absorbent cotton, letting the paste remain on for a few moments. It is then carefully wiped off and the burnisher used.

Under no circumstances should one go out of doors in cold weather without gloves. Frosty air will be a positive cause of finger nails breaking or cracking, and will also produce unsightly ridges, which are merely an overdry condition.

A sharp instrument must not be used for removing soil beneath the edge of the nails. A stick of any kind is best, and though those made especially for nails are to be bought at almost any shop, others which are home made will answer every purpose. A butcher's skewer may be whittled down, not to a sharp point, but to one having a little width. When the nails are soiled the stick may be dipped into lemon juice or rubbed into the soap, together with a little water, forming a paste. This, applied to the soil, will make it disappear, and the under part of the nail will not be roughened by the treatment.

TO STRENGTHEN NAILS THAT BREAK

WHEN the nails break constantly they should be soaked every night in slightly warm sweet almond oil.

The liquid may be put into a cup at a depth just sufficient to cover the finger tips. The same oil may be used several times. The soaking must be for ten minutes at least. Then the fingers must be wiped, but not washed.

Also, they must be generously smeared with cold cream each time before washing. It might be thought that warm

water would neutralize the action of the grease, but it does not, and the nails are cleaned without becoming overdry in the process.

In extreme cases it is well to tie the finger tips in oil for the night. For this small pieces of absorbent cotton may be wet with it and bound on with narrow bits of muslin. This will not soil the bedding, and after a week's application the nails will surely be in better condition.

Wearing old gloves when doing even the simplest kinds of housework is one of the best precautions against drying the skin. They will keep out dirt and do wonders toward rendering the skin and cuticle soft and white. If it is necessary to plunge the fingers into strong soap water, plenty of the grease must be rubbed on afterward and a thorough washing given with a bland soap. This treatment will entirely prevent any harm from coarse soap.

After washing and wiping, the hands should be rubbed with a mixture of glycerine and rosewater in proportion of one-third of the former to two-thirds of the latter. Plain water may be substituted for rose, and five drops of carbolic acid to two gills of the mixture will add to its merits. It should be wiped off after using.

CURES FOR HABIT OF BITING NAILS

A WOMAN who bites her nails should go to a physician for treatment, because this habit is almost always the result of an unhealthy physical condition that needs special care.

To say "don't," and that one should not disfigure the finger tips is but a waste of breath. No person who does it is aware of the moments they are biting until a pain in-

flicted by the teeth makes itself felt. By that time the damage is done.

Both grown persons and children are sometimes aided in breaking this habit by dipping the finger tips into aloes. For these are, of all bitter tasting decoctions, about the worst, and usually a child who has had it on the lips once or twice remembers not to repeat the dose. Oddly enough, a grown person offends longer than a little one.

If the nails have been subjected to injury from the teeth the finger tips should be bandaged at night, each one done separately, the cloths being firmly tied on. Before using the bandages, and after washing and drying the fingers carefully, they should be rubbed with vaseline. Then strips of linen two inches wide must be put on.

To make this aid the nail to grow into shape the bandage should begin on the under part of the tip. It must be held so firmly that the cloth can be drawn over to hold up that side of the cuticle. The bandage should be knotted at once, and another put over, beginning underneath and drawing it over to hold the other side. This takes several minutes, but if continued for some time nightly it assists in restoring the lost shape of the tips.

Every morning an orange stick should be employed to push down cuticle that is growing too high over the nail. This task will not be difficult, as the skin is so soft from the grease bath that stray pieces and points can be pushed back in an endeavor to make a proper shape to the cuticle at the bottom and sides. The instant the nails grow enough to permit of the use of a file it should be rubbed over the top, and for a time the nails must be kept short to improve the quality.

Scissors should not be used for shortening them, for clipping coarsens the texture, while filing makes it finer and smoother.

Whether or not one likes the nails polished, a burnisher should be rubbed over the nails several times a day, for friction with chamois is a part of the treatment that smooths the surface and aids in giving a desirable transparent look. One who is observant can tell at a glance whether finger tips are treated in this fashion every day, even though no powder is applied.

Ridges in the nails, which, while not disfiguring, cannot be called pretty, are caused from insufficient nourishment by the tissues which feed them. Constant applications of grease improve them, and also a daily rubbing with powdered pumice. Pumice must not be used oftener than once a day.

CHAPTER VII

ARMS

CURES FOR ROUGH ELBOWS

ELBOWS that ordinarily might be pretty, almost of necessity are hardened by net sleeves, because the material is irritating. A girl will realize this after she has placed her elbow on a table or at any angle where the lace is pressed against it. For the threads are so unyielding they redden and roughen the surface, a condition easier to prevent than to cure, once it exists.

Rubbing the joint every night with almond oil or some other application equally soothing, I believe most essential. A stiff flesh brush should be employed regularly, every day being none too often, and a bland soap, Castile for instance, if it agrees with the skin, must be put on sufficiently to make a thorough lather, with plenty of hot water. This done at night, frictioning with the bristles, should be followed by carefully drying with a soft cloth. Then, while the surface is still warm, and the pores open, an oil should be rubbed in. To do this a few drops may be poured into the palm of one hand and this manipulated over the joint until as much grease as the skin will take has been absorbed. It is well to complete the entire operation on one arm before commencing on the other.

When, as not infrequently happens, the surface is already rough and coarse, a greased pad should be bound on at night. The best way of doing this is to take a small wad of absorb-

ent cotton, wet it with oil, and with muslin bandage on. The confining strip should be at least two inches wide, or it will cut into the arm, making the wearer uncomfortable.

Eruption that appears not infrequently upon the back of the upper arms is disfiguring and as a rule due to lack of surface circulation. Daily use of a bath brush is one of the quickest and most logical cures. The bristles stimulate circulation and at the same time prevent an accumulation of dead skin. Sometimes ten days or two weeks of using a brush constantly will bring the arms into a state of softness and smoothness. Inasmuch as they are about as conspicuous these days as is the face, it is well to have them in good condition.

OILY BANDAGES IMPROVE THIN ARMS

WHEN arms can be so beautiful it seems a pity that more girls do not possess them, for it is possible to cultivate them without much work.

The treatment essential to the improvement of the arms is bandaging them at night. This process takes only a few minutes, and the results after a time will be most gratifying. It is best done by soaking some soft old linen in either sweet almond or olive oil. It is well to have the wrappings about four inches wide. These are placed firmly about the arms, but not so tight as to stop circulation. It is important to put thin oiled silk over these wrappings to prevent grease from rubbing off. A person who does not wish to go into this treatment will get results by rubbing the arms with oil.

Whether they are merely massages or wrapped the preliminary is the same. The skin, from wrist to shoulder, should be mopped with warm, but not hot, water, the opera-

tion taking at least ten minutes. The object is not only to cleanse, but to soften the skin and open the pores, so the surface will be in condition to absorb the massage oil.

In applying the unguent the motion should be circular and rather gentle. These movements must not be made until the arm is entirely dry. If any water remains on, the grease will not be absorbed.

Beginning at the wrist, the arm is clasped by the other hand that has previously been covered with oil. This lotion is then rubbed slowly round and round all the time, so every part of the surface is massaged. It will be necessary to put on more occasionally, there being no danger of applying too much.

After this operation has been continued for five minutes the skin may be wiped with a dry and soft cloth, and then the entire surface should be patted with cold water. This makes the skin firm and hard, closing the pores, that should be full of oil.

If exercises are to be taken it is better that they should be gone through with before oiling.

TO BEAUTIFY THE ARMS BY EXERCISE

FEW girls seem to realize that the condition of the arms is an indication of the state of their general health, and that it is impossible to possess a beautiful arm if the health is habitually neglected and disregarded. The girl who is careless about her feet, who allows herself to run down and get in a poor state of health, must expect to possess thin, ill-nourished arms.

One whose circulation is poor from insufficient exercise



Photo by Joel Feder, New York.

MASSAGING TO IMPROVE THIN ARMS.

and sedentary habits will have red arms, while improper feeding will have as harmful an effect upon the skin of the arms as upon the complexion. Much can be done by judicious treatment to improve arms which are naturally ungainly and to give softness and roundness of outline.

The first point one must attend to is exercise. Arms, to be at their best, require regular exercise like the rest of the body. The simplest exercises will answer the purpose; indeed, violent, excessive exercise, which makes the muscles hard and prominent, is not desirable.

Indian club exercises make the arms graceful and supple, and develop without over-exercising the muscles. With the arms stretched out level with the shoulders, swing the clubs around the head in all directions. That develops the muscle which forms the roundness of the upper arm and shoulder and improves the chest muscles at the same time. Then, with the elbows bent, try various exercises for the forearm and wrist.

If you cannot get Indian clubs, invest in a pair of dumbbells, or try the old-fashioned expander exercises learned at school, which are excellent for developing the arms and bust. Exercise regularly for fifteen or twenty minutes each day; if possible, exercise ten or fifteen minutes night and morning.

Massage is also essential in the beautifying of the arms. The girl with thin arms will do wonders by daily exercise and proper massage with simple olive oil or equal parts of lanoline and lard. Massage the arms every night, taking as much of the lanoline and lard as will lie in the palm of the hand, and work it in while knealing and pinching the arms to bring the blood to the surface. Then, with long strokes up and down the arms, rub firmly from shoulder to

elbow and elbow to wrist. Then, with thumb and forefinger, begin at the wrist and massage corkscrew fashion up the arm to the top.

If properly done, this should make the skin glow and tingle, which means that there is plenty of blood at the surface and that the cream or grease or oil used is being absorbed through the tiny pores. Red arms will benefit marvelously by the treatment because it improves the circulation, and the redness is simply an indication that the blood is not circulating as freely and rapidly as it should.

Thin arms will also improve, because the grease or cream nourishes the skin and underlying tissues.

Arms that are rough and red should first be treated by washing with plenty of good soap at bedtime and drying briskly with a rough towel. Afterward rub in a little of a mixture of equal parts of glycerine and rosewater. If the arms are rough, avoid hot or cold water; use tepid water, good soap and a soft towel.

CHAPTER VIII

COMPLEXION

ASTRINGENT TONIC SKIN LOTION

Rosewater, three ounces; elderflower water, one ounce; simple tincture of benzoin, one-quarter ounce; tannic acid, five grains.

Mix, and wipe over the face with a soft cloth several times a day. Discontinue using when dryness results.

ASTRINGENT TONICS THAT CONTRACT ENLARGED PORES

MANY astringents, though not all, are slightly bleaching, and probably one of the most valuable is made from one ounce of tincture of benzoin combined with one-half pint of pure alcohol of the best quality. Such a lotion is wiped over the face not oftener than twice a day and before going to bed, after the skin has been cleansed from impurities. The benzoin should dry on. It may be used as a substitute for water by adding a tablespoonful to a gill of water and half of one teaspoonful of glycerine. A soft old white muslin cloth, dipped into this, will clean the face far better than plain water, and the skin is tonicized at the same time.

Another and less expensive preparation, although the first is not costly, is made from one pint of camphor water, one-half ounce of pure glycerine and one-quarter of an ounce of borax, powdered. This may be applied frequently, both as a cleanser and a lotion, in the latter case the liquid drying

on. Care must be taken when it is applied to remove dust thoroughly, otherwise it will be carried into the pores.

Alcoholic toilet preparations are always astringent, but as a rule may be used only sparingly, their action being positive. If a toilet water of any kind is wiped over the complexion after cold cream, or grease in any form, has been applied, it will be entirely cut, and prevent injurious action.

White wine vinegar does this to perfection, and is excellent for the complexion. It should not be used oftener than once a day, and may be diluted with an equal quantity of water. It is slightly bleaching.

ASTRINGENT LOTIONS THAT REDUCE LARGE PORES

IF camphor water, an astringent, is used regularly on enlarged pores of the nose, they will decrease in size.

This astringent is made by dissolving a quarter of an ounce of borax and half an ounce of glycerine in a pint of camphor water.

This liquid should be put on with a piece of soft old muslin, wiping gently, to cleanse without irritating the skin. Another wash is usually required to remove the soil, and the second application dries on. This may or may not be rinsed off with warm water.

If the skin on the nose shows a tendency to chap another astringent wash may be better suited, for occasionally the camphor-water lotion will be too drying. Incidentally, if the preparation seems to have a drying effect, it may be tried without the borax. Camphor water by itself is also desirable.

A lotion that will act favorably, especially if the nose is

inclined to redness, is made from a dram of iodide of potassium, half a pint of water and half an ounce of glycerine. The iodide should be dissolved in the water before the glycerine is added. It should be mopped over the nose and allowed to dry on. It may also serve as a complexion wash, and faithful use of it as a substitute for water will sometimes clear the skin.

Another inexpensive lotion that is adapted for use on the nose when the pores are large and there is inclination to redness, is made from fifteen grains of tannic acid to five ounces of camphor water. This is applied frequently through the day and at night as a cleansing as well as healing application. If after a time it causes the slightest irritation its use should be discontinued.

If one is so unfortunate as to have a decidedly red nose, an agent having more strength may be tried. Such a one is made from one hundred grams of mallows water, two and a half grams of benzoate of soda, ten grams of glycerine and five grams of alcohol. Like the others, it is applied frequently, and dries on.

FOR BLACKHEADS

To cure blackheads make an ointment of one ounce of soap liniment and one ounce of ether; mix. At night scrub the face thoroughly with hot water, using a complexion or other soft brush. After wiping, apply the mixture to each of the spots and let it remain on over night. Wash off in the morning with hot water. Continue until the spots have disappeared. Then twice a week wash the face with this mixture, removing the liquid at once by rinsing with clear water. If there are large pores, wipe over each with a little alcohol.

For pimples that frequently appear with blackheads make an ointment of two grams of beta naphthol, twenty grams of sulphur

precipitate and twenty grams of potash soap. Rub over the pimples at night.

This may be used at the same time as the blackhead mixture.

TREATMENT FOR BLACKHEADS AND PIMPLES

PIMPLES and blackheads may be the result of so many different causes that what will cure them for one person will be useless for another, so all one can say is that if faithful trials of external remedies do not benefit, a physician should be consulted. Often, applications of a lotion made from half an ounce of glycerine, a pint of camphor water and a quarter of an ounce of powdered borax will prevent pimples. In any event, this mixture is good for the skin, if used as a substitute for water. It must be allowed to dry on.

A teaspoonful of powdered alum dissolved in half a pint of water is strongly recommended by many persons, who use it several times a day, and before going to bed at night. It is so astringent in action, however, that its effect must be carefully watched, or it will be too drying.

A physician declares that a two weeks' trial is time enough to give to either of these, and if at the end of that period they have not improved the skin the applications should be stopped and a remedy more drastic applied.

An excellent treatment begins by washing the face with liquid green soap and a brush. Then an application of a paste made from flowers of sulphur and camphor spirits. This is smeared over the complexion, and stays on all night, being washed off in the morning. The face is wiped over with glycerine. The latter may be omitted, if desired, but it is desirable.

In order to improve the condition and texture of the skin a bath should be taken every day, if one is not in the habit already of doing it, and a brush instead of a cloth used, because the former is more stimulating in effect. Once a day the face must be scrubbed lightly with a complexion brush, for it is of the utmost importance that circulation shall be active and the pores freed from impurities. Both of these are best accomplished with a brush.

There are "white" pimples that are unsightly, but less common. Their treatment differs a trifle, in that soap containing tar is recommended. The spots are to be opened, as with the ordinary kind, first soaking the skin with hot wet cloths to soften and make the secretion more easy to eject by gentle pressing. A drop of spirits of camphor may then be applied to contract the hole.

HOW TO LANCE AND CURE PIMPLES

TO cure facial eruptions by external treatment one must first carefully open the pimples, for if hastily and improperly done large pores inevitably ensue; but this is quite unnecessary, as the operation consists of lancing with a fine cambric needle, preferably one that is new. If it has been used before for any purpose it should be sterilized, either by dropping it into boiling water, or in alcohol, and lighting it, in order to burn impurities. The eruption should always be soaked for at least five minutes to soften the skin. Holding hot wet cloths against it will accomplish the purpose. Then the spot may be opened and pressed gently, but not hard, to extract the secretion.

Immediately afterward it may be touched with a paste

made from five-eighths of an ounce each of lanoline, almond oil and sulphur precipitate, with three-eighths of an ounce of oxide of zinc and half a dram of violet extract. To mix, the sulphur and zinc are combined with the oil in a smooth paste, the lanoline melted in a cup set into hot water, and poured into the oil as the former softens. The extract goes in last. This is applied at night to each pimple.

Less complicated to make is a lotion of one-half dram each of precipitate of sulphur, tincture of camphor and glycerine, with two ounces of rosewater. The sulphur and glycerine are smoothly combined, before thinning slowly, with the other liquids. This is used like the first prescription.

A third, more like cream, may be rubbed over the face at any time, and is useful when there is a tendency to pimples, for, taken in time, they may be checked. The formula is a gram of beta naphthol and ten grams each of precipitated sulphur and potash soap. Should it irritate the skin, wiping with toilet vinegar will counteract the effect.

The paste may be used night and morning, wiping off that which shows.

Under no circumstances should a pimple ever be opened without putting on something afterward to contract the hole which has been made. Pure alcohol, tincture of camphor, or cologne water are suitable, each acting as an astringent. It is not necessary to apply these astringents when the pastes or lotion given above have been put on, though it is beneficial even then to wipe the face in the morning with an alcoholic preparation.

HOW TO STEAM THE FACE

FACE steaming is a method of treatment that may be highly beneficial or injurious, according as it is done.

Too frequent applications of steam will cause wrinkles, by making the skin flabby, but an occasional bath of this kind serves the purpose of opening the pores to remove dust and helping to keep the skin supple and in good condition.

Special arrangements for this treatment may be bought, but they are expensive, and quite as good results may be secured from simple contrivances if they are made to hold the steam. A chafing dish answers the purpose admirably; indeed, so will any receptacle in which water may be kept just below the boiling point. Any kind of vessel over an alcohol lamp, or gas if the jet be low and easily reached, can be adapted. It remains then to put over the flame a fairly large surface pan, or basin, with enough water to throw out a good volume of steam.

It is worth remembering, before going through this cleansing experience, that boiling steam will burn the skin, and so the temperature of the water must be a trifle lower than the boiling point, yet sufficiently high to throw out heat that will generate perspiration.

After everything is arranged for the bath the face should be well rubbed with cold cream, applying it thickly with the finger tips and rubbing vigorously in rotary motion over the entire face, making the upward part of the stroke stronger than the downward. This will take at least five minutes, and longer if properly done. The bath should

then be ready, and the face bent over, holding a towel so the steam is thrown directly on the skin. If necessary to get fresh air to breathe, the mouth may be uncovered for about two seconds.

After the face is hot, and perspiration starts, it should be wiped with soft old linen to remove the grease, and then the face should be steamed again. This wiping is repeated until there is no trace of grease. Fifteen or twenty minutes should be devoted to the bath, and at the end of this period the face must be wiped for the last time. For the final treatment cold water may be dashed over to tighten the skin, and if there is no eruption an excellent lotion, made from a gill of alcohol and an ounce each of spirits of camphor and spirits of ammonia, two and a half ounces of sea salt, with enough boiling water to make a pint, may be applied to the flesh. This is not used until it is cold, and then the skin is soaked with it. It is an excellent tonic, and may be massaged into the neck, throat and arms, as well as the face.

Steaming by this method should not be resorted to oftener than once a week. Carefully done, it will soften and refine the skin and clear the complexion.

HOW TO USE A COMPLEXION BRUSH

SKIN of a coarse quality may often be improved by the daily use of a complexion brush, if the bristles are rubbed over the surface with a rotary motion.

When cleansing the face in this way liquid green soap should be used occasionally, but only occasionally, for it is

extremely strong, and its effect upon the skin is drying. Twice a week is sufficiently often.

As some sort of application to enable the brush to move over the skin easily is essential, a mixture of half a dram of iodide of potassium and an ounce of glycerine to half a pint of plain water will answer the purpose. With this the face is wet, and the brush applied. This is a cleansing liquid, and serves as a soap substitute. Its effect upon the skin is refining.

After brushing for three or four minutes the face must be rinsed in warm water and then with cold. If liked, a few drops of tincture of benzoin, about half a teaspoonful to a pint of water, may be used in the final rinse.

This whole procedure should be done every night.

When pimples have developed, or blackheads exist, the care becomes more elaborate.

FRECKLE LOTION

Two drams oxide of zinc, one-quarter dram subiodide of bismuth, one and three-quarter drams of dextrin, one and a half drams of glycerine.

Spread the paste upon the freckles at night, before going to bed. In the morning remove what remains with a little powdered borax and almond oil.

TO PREVENT FRECKLES

WHEN freckle season comes, a girl whose skin is prone to blemish from light or dark brown spots, may save herself by adopting a method of prevention. It is a fact that in extreme delicacy of skin scarcely anything

will entirely keep away sun stains, but thick veils and special cleansing are worth trying.

In my opinion, no girl whose complexion is fair should go out of doors in the summer without preparing herself to withstand the sun's rays. If cold cream agrees with her flesh the proposition becomes simple, for she has then only to anoint her face, dust on plenty of powder, and tie on a chiffon veil loosely.

When time to remove the mask, the face must be thoroughly washed with a saturated solution of borax. This cuts the grease. It in turn is washed off with clear warm water, which removes the last vestige of cream. A final wiping with an astringent lotion should follow.

A make-up such as this requires little time, and the knack lies entirely in getting it on evenly. It may be done in the morning before taking a journey to town, and will last all day with an occasional slight application of new powder. Unless allowed to stay indefinitely on the skin, there is no danger of its causing injury, but it must never be forgotten that this treatment clogs the pores and that they must be freed after a time to "breathe" properly. Otherwise, enlarged pores are inevitable.

The fact that freckles only appear on delicate skins makes the problem of their removal more difficult, because anything that tends to bleach makes the surface more susceptible. That is one reason why protection becomes such a necessary part of the treatment, for without it the second condition will be worse than the first.

Constant use of buttermilk as a wash is recommended for freckles. It is softening and bleaching. Fresh horse-radish, grated, adds potency to the application. A table-

spoonful of the root is put into half a pint of the milk, the two covered, to stand for twelve hours. After that it is strained, and applied as a bleach, to dry on.

WHITENERS THAT REMOVE FRECKLES

FRECKLES, as a rule, can be eradicated, but I do not encourage drastic treatment, for the reason that it makes the skin more sensitive to the trouble which one tries to remove. For the little spots caused by sun and wind are under the skin, not on top, and in order to bleach these blemishes something sufficiently strong to go below the surface is needed. This obviously renders the top layer more tender and delicate than usual, and freckles, therefore, reappear more quickly than before the treatment.

When the blemishes do not yield to simple bleaches I think none others should be tried. For by protecting the complexion with veils and parasols the spots will fade out slowly. There are, of course, so-called "obstinate" freckles, decidedly worthy of their name. For only by the very strongest applications can they be removed, and, as a rule, they return.

A simple bleach efficacious in some instances is made from two ounces of lactic acid, one ounce of glycerine and half an ounce of rosewater. This is applied morning and night, and several times through the day, and is allowed to dry on. Should it seem to irritate the skin, an effect an acid may have, then it must be diluted by adding more glycerine, or applying cold cream afterward.

An astringent lotion that sometimes fades freckles is made from fifty grams of rosewater, two and a half grams of

powdered borax, five grams of spirits of camphor and two and a half grams of tincture of benzoin. It is used as the first, and is an excellent complexion wash even when freckles are not present.

An old English cure is to make a paste from a teaspoonful of dry mustard, a tablespoonful of flour, and enough water to make them smooth. This is spread over the skin and allowed to remain until the surface burns. The paste is then washed off and the skin smeared with cold cream. This might be tried on the hands or arms, but it seems drastic.

EXCESSIVE DRINKING OF COFFEE OFTEN CAUSES ERUPTIONS

EXCESSIVE use of coffee so affects the nerves and digestion that eruptions on the skin are often caused. But despite these blemishes I fear I cannot persuade many girls to forego this beverage, but I wish that they would be content with one large cup in the morning and none through the day. It always makes me sorry when I notice the number of bright, keen-looking girls downtown who, when luncheon time comes, order things to eat which are not sufficiently nourishing and screw their nervous force with a cup of strong coffee. It cannot fail to affect complexion and eyes, as well as nerves.

The only way to retain freshness and strength, especially when it is being taxed by daily work, is by careful nourishment and rest, when the latter is to be had. The girl whose hair is not touched with gray when she is thirty years of age is she who has taken care of herself, not burned the candle at both ends.

Girls should substitute milk or food for the many cups of coffee in which they indulge. They will find, should they experiment, that fatigue, which they frequently have taken coffee to allay, will disappear as surely, and without nervous exhaustion later, if they take a little nourishment. If milk does not agree with one, she might try one of the malted varieties. These can be made with water. Hot milk is sometimes digested by persons who could not drink that which is cold.

Tea is less likely to be an over powerful stimulant than coffee through the day, but with both, and especially tea, a little solid food should be taken. One cracker will serve the purpose, which is to absorb the tannin, protecting the stomach lining from its effects.

WATER DRINKING BEAUTIFIES COMPLEXION

TO say that drinking at least three pints of water a day would make a girl beautiful would be grossest exaggeration, but it is perfectly true that such an amount of liquid, taken judiciously every day, will be a wonderful aid in acquiring or increasing good looks, and it is such a cheap way of improving one's appearance that to ignore it is a pity.

Water, properly taken, flushes the system as a pipe is cleansed by pouring down it a large quantity of pure cleaning liquid. And, as with the pipe, impurities are carried out, leaving only that which is beneficial.

In order that this good effect shall be gained two facts are important. One is that the liquid shall not be taken with meals and the other that it shall not be of icy temperature.

In the former case it dilutes the gastric juices, sometimes causing indigestion, and certainly neutralizing some of the nourishing properties of food ; in the latter it stops digestion, and may be the cause of severe pain.

Many dietitians now agree that water should not be taken with meals, and that many cases of indigestion may be traced directly to the fact that this theory is unheeded. To derive benefit a glassful should be taken at a time, sipping it slowly, not gulping in large quantities. Ten minutes for each glass is none too long. The temperature may be cool, but not sufficiently so to chill the stomach.

The first drink is not to be taken later than half an hour before a meal, and water is not to be put into the stomach sooner than half an hour after a meal.

The matter of not taking water with food is one that contains more reason than may appear at first. Many persons do not masticate their meals properly, but wash it down in pieces that test the strength of the digestive organs to assimilate. In other words, the stomach is made to do the work of the teeth. When unable to do so acute indigestion follows, and in any event the unnecessary labor strains the organ.

If liquid is avoided when eating extreme mastication becomes necessary or food will choke the person. Failing artificial means to send it into the stomach, it must go, if at all, in such condition that the digestive organs have none but their own work to do and are therefore more likely to be kept strong and healthy.

The exclamation I have heard some business girls make, that they get no opportunity to drink water through the day, is a mistake. It is always possible to place a glass on a desk

where it can be easily reached. A stenographer I know keeps a glass on her desk all day, refilling as soon as she drinks all the water. Another girl, behind the counter, keeps her glass of water out of sight, but within reach. Both of these girls have clear complexions that are the envy of many of their friends, and neither has enough out of door exercise to be responsible for it. The truth lies in the fact that their systems are kept in healthy condition by the constant washing away of impurities.

PHYSICAL EXERCISES THAT CLEAR COMPLEXION

GIRLS will benefit complexions and figures if they will go through some physical exercises every morning.

These need not last for more than five minutes if done regularly.

To begin with, they must be taken before dressing, when no tight bands are placed around the body. An excellent garment to wear when going through these movements is a light flannel dressing sacque that will give warmth without impeding the freedom of movement. I mention this article of wearing apparel because the exercises must be taken before an open window to clear the complexion, and if one is not properly clad, the flesh might become chilled. Felt or woollen slippers must also be worn.

When thus clad, a person must throw back her shoulders, raise her head, expand her chest and draw a long breath, with the lips tightly closed. Exhaling is done through the mouth. Begin the exercise by drawing three long breaths, one after the other, to expand the lungs.

Some small object in the hands makes the "setting up"

exercises easier, but they are not necessary. Should nothing be held, the hands are to be tightly closed.

One point to be remembered through the movements is to throw the hands out from the shoulders and not from the elbows. There will be no benefit in the latter case, while, if the former is done, the chest is broadened and the waist is made slender.

Standing erect then, with the lungs expanded and the chest raised, the abdomen being drawn in, clenched hands are laid on the shoulders. First one and then the other fist is thrown out hard as far as it may be sent, first at the sides and then in front. This should be done five times, both ways, ending by exercising both hands at the same time.

Next the hands are to be thrust high above the head at arm's length and exercised. First the right should be used and then the left. Finally both moved together.

The waist is more directly affected by motions that bend the body at the hips. Every one knows that to be able to touch the floor with the finger tips without bending the knees denotes, unfailingly, a slim figure, but also the exercise, if practised, will make for slimness, even when the floor cannot be touched the first time, nor, indeed, during the first month. Answering the same purpose is another motion that consists in bending from the waist line sidewise, twisting way over so that cords and muscles on the opposite side begin to pull. This must be done an equal number of times on both sides to make even development.

In all, not more than five minutes need be consumed in doing the work suggested, and at the close circulation will be rapid and there should be a general sense of glow.

DIET OF FRESH FRUITS AND VEGETABLES IMPROVES THE SKIN

IN the spring season the physical condition and complexion are improved by adding new food elements to the diet. For example, with the beginning of spring the system often craves acids, and human beings need "new" food qualities, quite as cattle require fresh grass.

Not a meal except breakfast should be served fast, without at least one new vegetable. Spinnach is invaluable, and every day is none too often to have it. The green contains natural elements most wholesome to the system, and the craving for acid may be satisfied by pouring a little vinegar on the vegetable. Beets, either hot or cold, with cinegar, are also good, both being especially suited to persons having kidney trouble. Canned beets do not take the place of fresh ones at this season.

New carrots are another vegetable that may be appetizing; dandelions are not expensive. All kinds of "boiled" greens are excellent, for they act directly upon the system and blood.

Green salads, in my opinion, are excellent, and if a sweet cannot be afforded at the same meal, salad should have the preference. Lettuce is always in market and the list of growing green foods is not small. Persons who do not like olive oil may eat the greens with sugar and vinegar, but it would be well to cultivate a liking for oil. It is wholesome and nourishing and forms an excellent combination as a dressing, the proportion being one-third vinegar to two-thirds oil. Less oil and more of the acid may be used if

wished. A bit of raw onion tossed through the salad while mixing greatly improves the flavor.

BRISK WALK IN RAIN CLEARS THE SKIN

WALKING in the rain, for persons who are not susceptible to cold, is an excellent tonic for the complexion, but one that must be prepared for in order to get the most benefit.

For instance, when taking such a tramp the clothing must be warm, the skirts of a length not to drag wetness about the ankles, for nothing will give cold more quickly than the constant slopping of wet garments about the feet.

The ideal walking costume for wet weather consists of a thick and warm, but not heavy, short skirt. The length need not be so abbreviated as to be conspicuous in city streets, and a blouse of thin French flannel and a short jacket are best for the upper portion of the body. A jacket is far better for walking than a long coat, as the latter is apt to drag or pull when the wearer is exercising, and a short garment gives freedom of movement.

A soft felt hat of a color to match the suit should be trimmed with one or more wings and a band of soft silk. Water, unless floods descend, will not hurt it, and thus the carrying of an umbrella is obviated.

No boots are as serviceable as those that are a trifle higher than regulation. These walking boots come about half way to the knee, are thick soled, lace, and will protect ankles and calves from dampness. It is an unfortunate fact that any skirt longer than knee length becomes damp about the bottom, as it is rubbed by the heels during walking.

Bloomers of silk are to be preferred to petticoats for this particular costume.

Clad in such fashion the risk of dampness or chill penetrating to the skin is almost impossible. One may be in a drenching rain and come forth unscathed, for should the jacket be wet through the shoulders the latter are still protected by the flannel blouse.

But to derive benefit it is essential that the exercise shall be rapid. Just ten minutes' brisk walking in a steady down-pour will make the blood circulate with vigor and put the pedestrian into a delightful glow. However, it is absolutely imperative to keep moving rapidly as long as one is out of doors, and the length of time one walks in the rain must be regulated by individual strength, as well as by inclination. One who has not been accustomed to walking is apt to be tired in fifteen minutes, and care should be taken not to get so far away from home as to delay in returning. To become overtired is too often the means of contracting cold, nor must it be thought that to go home in motor or trolley will be healthful. Constant motion of the muscles is the only thing that will prevent cold.

On going into the house damp garments must be removed immediately, and if there is the least suspicion of moisture on the feet stockings as well as shoes should be changed. Different petticoats and, of course, another dress must be donned.

I wish girls who have not tried this rainy-day treatment would give it a fair test, for I am sure they would enjoy it and would be benefited, if only they would take the precaution not to contract cold.

CHAPTER IX

WRINKLES

SUMMER PREVENTIVES OF LINED SKIN

IN my opinion it is not possible for a woman who wishes to preserve smoothness of complexion to go much into the glare of light at the seashore unless she is willing to wear dark glasses or a dark, thick veil. A parasol is not protection sufficient, for, while it softens the strong light in the immediate circle, it does not affect that beyond the shade, and every time one looks any distance the eyes, in protection, shut a little, or "squint," and crow's feet are evident years before they should appear.

Colored glasses are unsightly; there is no question as to that, but they disfigure for less time than do those age suggestive lines.

I also believe that never should a morning be spent on the beach, whether or not a swim is to be part of the amusement, without plastering the face with cold cream and powder. An absolute paste may be put on in this manner and not show, or if it does, it will look merely like an unusual amount of powder, if done with care.

With this treatment there must be a foundation of cold cream rubbed in with the finger tips. Over this must be powder dusted on with a puff. Then it is necessary to take a soft cloth or old handkerchief and lightly rub in the cosmetic. At the end of a few minutes, if there are places where the grease shows, a fresh supply of powder, followed

by another light rubbing, must be administered. This is repeated, adding grease or powder, as the places need, until a smooth finish has been made. This will withstand the most direct onslaught of sun or wind.

If it is removed in several hours I think there is no likelihood of the skin having an overdose of cream. Instead of taking water to remove this make-up I like either saturated solution of borax, a toilet water, such as lavender, or clear alcohol, if the latter be high proof. Any one of these three cuts the grease and is less likely to make the skin flabby than water, which must be very hot to have any effect.

Before going to bed the corners of the eyes should be massaged to help keep away crow's feet. For this the forefinger should be dipped into cream and rubbed in rotary motion about the eye corners, making the upward stroke harder than the downward. A little prevention such as this obviates a later cure.

TREATMENT TO KEEP SKIN UNWRINKLED IN SPRING WINDS

ONE preventive of wrinkles in the springtime is the use of almond milk, the oldest and simplest cosmetic employed by our grandmothers, and there is no doubt but that, used habitually, its effect is softening and refining. The addition of a little alum when there is a tendency to wrinkles improves it, and the combination consists of thirty grains of alum, three-quarters of an ounce of almond milk and three ounces of rosewater.

Almond milk is made by blanching and pounding twenty good sized Jordan almonds in a mortar with half a teaspoon-

ful of granulated sugar and a quarter of a pint of water. The nuts are reduced to powder in this form, and after standing all night the liquid is strained. Either clear or combined with alum it is excellent for the skin, to be gently rubbed in several times a day and at night.

Cucumber milk is another liquid especially adapted to the skin at this season of the year, when care must be taken not to make it greasy. The vegetable juice is obtained by washing and drying a cucumber, then cutting it into small bits, skin and all. It is put in a little saucepan with a teaspoonful of water and slowly heated until it simmers for five minutes, when it is drawn back to cool. The strained liquid is then ready for use. Expressed juice is merely the addition of an equal amount of alcohol.

To make the lotion one requires two ounces of oil of sweet almonds, five ounces of cucumber juice, one and one-half ounces of cucumber essence, an eighth of an ounce of powdered castile soap and a third of a dram of tincture of benzoin. To mix, the essence and soap are put into a glass preserving jar, covered tightly and shaken at intervals, until the soap is dissolved. The cucumber juice is then added and the mixture again shaken.

The oil and tincture are turned together into a china basin, and the two mixtures are slowly combined, stirring all the time with a silver fork. The liquid will be milky in aspect when the work has been properly done. The clear cucumber juice is a bleach and astringent, but it is drying, if used frequently.

More simple to mix is another lotion adapted to the skin. It is made from half an ounce of tincture of benzoin, a dram of tincture of musk, two and one-half ounces of rectified



Photo by Joel Feder, New York.

ERADICATING WRINKLES BY USING ADHESIVE PLASTER.

spirits and four gills of rose or orange flower water. The spirits are put with the tinctures before the whole are combined with the perfumed water. This, like the two other lotions, may be left to dry on the skin, and may serve as a substitute for water when a cleansing agent is needed.

Almonds appear in a different lotion, made from two gills of orange flower water, four ounces of high proof alcohol, two and one-half ounces of glycerine, two ounces of powdered almonds and one-quarter of an ounce of salicylic acid. The orange flower water must be poured over the nuts, corked and allowed to stand all night. In the morning the alcohol, in which the acid has been dissolved, should be added to the glycerine, and the whole combined, the last mixing being done slowly, under constant agitation.

Daily use of these lotions will do much to prevent wrinkles and other blemishes.

CARE OF EYES WILL KEEP AWAY WRINKLES

OF all "fatal-to-beauty" habits I should say the one of totally disregarding the way of using the eyes is among the worst. Certainly none exceeds it for a detrimental effect, because carelessness of conditions will cause crows' feet just as quickly as will squinting. For instance, unless the light is so placed that the object is easily seen a woman unconsciously twists those facial muscles about the eyes, and then the trouble is begun.

Another injurious act is to face the light so it strikes directly upon the eyes, while the object looked at is in shadow. It is a common sight to see a woman sitting on the deck of a ferryboat or on a train reading a newspaper or a

book with the light in her face, while the print she gazes on is in the shade. As a combination calculated to work trouble his one cannot be excelled.

From time immemorial we have been told that to read on the train is bad for the eyes and accept the fact but continue the practice. The pity of this, however, is not only that the sight itself is thus strained, but that the facial muscles are made tense in an effort to follow the printed words, and are constantly shifting with the movement of the train, so the result is crows' feet and lines so deep they become wrinkles.

I do wish that women who need glasses when reading or working would wear them. Perhaps a pince-nez is not becoming, but neither are the involuntary facial contortions made in an effort to see clearly. When the prejudice is strong against the use of glasses a woman may comfort herself by remembering that if they are required merely for reading or working she need wear them only when it is necessary to concentrate her sight. On the other hand, if glasses are needed and are not worn, the resulting lines about the eyes will be in evidence at all times, and will surely increase in depth as age advances.

"Let me look at a woman's eyes and I will tell you how old she is," a clever man said recently.

And, sad to relate, the theory of this remark is sound, for it is about the eyes that age first begins to show. For this reason, if for no other, special care of the optics should be taken, and while benefit may not be noticed from day to day, the freshness of the eyes after one reaches middle age will more than repay for the trouble necessary to protect the sight.

To rest the eyes by closing the lids, even while it is not

possible to lie down, is an excellent preservative, and this may be done for a couple of minutes at any time in a street car or on a train and when at home. This help to the eyes must include relaxation of the muscles about the optics when one closes the lids. That this does not always happen a woman has only to observe to realize, for the average person is apt to find herself with eyes tightly shut, which means that all the nerves and muscles of the face near the eyes are tense. There is thus no "rest" in this condition and absolutely no benefit. For only when the lids go together gently are the muscles not strained.

When tired after work it is most refreshing to bathe the eyes for five minutes in hot water, using a cloth soaking wet with each application, so that the muscles are well relaxed. Then another cloth should be wet with cold water and this placed over the eyes when one lies down. If the rest can be for more than five minutes the cloth should be wet again. The cold compress serves both as a skin astringent and as an eye tonic.

Always before going to bed at night the eyes should be thoroughly washed to remove any dust as well as to relax the muscles. A few drops of camphor water or a little weak solution of boracic water is an excellent eye tonic, but neither should be used without first applying a cleansing wash.

TO PREVENT WRINKLES CAUSED BY HEADACHES

A WOMAN who suffers from headaches and as a result has a lined face, may better the condition by treating her skin as does a matron whom I know, who for years has applied cold cream to her complexion at the

first indication of a pain in the head. The application is not to relieve the pain, but to prevent the skin from feeling the strain, and with her it has succeeded admirably.

Every woman knows that at the approach of a headache she involuntarily raises her brows or draws them together, the result in either case being lines. Also, her eyes being affected by pain, they close, either entirely or partly so, and the muscles about the corners become tense. That means the short cut to crows' feet, and in a year the face is unwar-rantably old.

The cold cream method is certainly worth trying. It consists in using a basin of hot water—and it is better that the liquid should be in a vessel that can be kept over heat—and two pieces of soft white flannel. This arrangement should be on a stand by the couch or bed.

Then the face about the forehead and the corners of the eyes is first rubbed thickly with cold cream, massaging it into the pores with the finger tips. The hot water will tend to remove it, of course, and so it becomes necessary that the grease shall be driven deep into the pores. Once this is done, one cloth is wrung from water that should be as hot as the skin can endure. This compress is folded and quickly laid over the upper part of the face and covered with a soft towel to help hold in the heat. If this is done for a time, renewing the cloth or putting on another as the first becomes cool, the heat may reduce the pain. In any event the skin receives a gentle steaming that prevents it from becoming drawn. It is not necessary to continue the application indefinitely. After fifteen or twenty minutes the treatment may be stopped, not to be renewed for a couple of hours. The entire object is prevention of muscular tenseness.

If the pain passes away during the day the face should be well soaked for some minutes in cold water, to act as an astringent after the softening process.

TO PREVENT COLD WEATHER CAUSING WRINKLES

COLD weather will make wrinkles, simply because it dries the natural oil necessary for feeding the tissues, so the problem that confronts a woman who would keep her skin in fine condition is how to supply the deficiency without over-nourishing the pores. For this massage, of course, is excellent, and in many cases will be sufficient to preserve the normal state. Gentle manipulation will strengthen the tissues and stimulate circulation, causing the skin to be self-feeding, as it were. But should the dryness be excessive, more treatment is necessary, and the difficulty lies in deciding precisely what this shall be.

As to the wrinkle treatment, every morning the face should be inspected carefully in a mirror on which is a strong light. Whether the skin is in a healthy or dull state is easily told by taking a fold between the thumb and forefinger. If it is elastic and firm, as it should be, the skin will resume a smooth surface as soon as it is released. Should it be out of condition it will be several seconds becoming flat again.

When this happens massage with a tissue builder is imperative. Any cold cream or lotion that one prefers containing oil must be applied.

Gelatine has certain softening virtues. If used in combination with other material, although alone it will be useless. A woman who has any prejudice against cold cream may

make for herself a paste by dissolving an eighth of an ounce of best Russian isinglass in an ounce of rosewater. It is an advantage to have this in a glass, covered. It must be kept in a warm place. Several hours will be required for dissolving. When the gelatine has been absorbed by the rose water the liquid should be strained through muslin, and then a dram or two of glycerine added, two drops of tincture of benzoin and a few drops of attar of rose. This should be poured into a little glass box that can be covered. After twenty-four hours the liquid should be a jelly.

Another preparation is an ounce of benzonated oxide of zinc ointment, with two drams of strong spirits of camphor. The two should be gradually mingled.

The way of applying either is the same. Morning and night the face must be thoroughly washed with warm water and gently dried. The finger tips are then moistened with the unguent and applied first to the middle of the cheeks, With a rotary motion that gradually increases in area, the skin is rubbed gently, always making the upward part of the stroke stronger than the downward, that the muscles shall not sag.

More cream is used in the rotary motion that goes over the temples, and the strokes on the forehead depend upon its condition. If there are lines from raising the brows, the massage should be from the edge of the hair down, drawing off to the temples. Each should smooth the surface. If there are frowns, the rubbing is straight from the nose to each temple.

Before going out of doors a light application of the cream should be put on the face. A soft cloth will remove any superfluous quantity, after which powder may be applied.

SPRING WATER DOES NOT DRY SKIN NOR CAUSE WRINKLES

IF a girl is in the habit of spending Sundays out of town in warm weather, or if she lives in a place where the water used for toilet purposes is hard, I know of no better investment of a little money than to buy a bottle of spring water. This, if reserved for washing the face, will keep the skin fine and soft, and so little need be used at a time that the expense is extremely slight.

This was the means thought of years ago by a woman who values her complexion, and so successful has it been that, though middle aged, she still has the freshness of youth. The skin, not having been dried, is not wrinkled, and gentle massage every day is all the aid needed.

The veriest tyro knows that hard water is drying, and therefore injurious; it is also a well known fact that it may be softened by the use of various agents. Borax or ammonia is most common, but they have one great disadvantage—if too much is employed they increase the injurious effect. According as the grade of water varies, so must the quantity of the softener, and to lay down a hard and fast rule is impossible. It is only by long experimenting that the correct proportions are found. To achieve this in a couple of days' visit is out of the question, and with mistakes the complexion necessarily suffers.

The woman mentioned above who solved the difficulty buys a well known spring water. She pays twenty-five cents a quart. This lasts for two weeks. She uses it daily, wetting a soft face cloth and mopping her complexion in the morning, treating her eyes to the same bath. Her neck and

ears also are washed with the soft water. During warm weather, when her skin is inclined to be greasy, she wipes over the face once or twice during the day with a saturated solution of borax, but at night there is another bath with spring water. For traveling purposes she has a bottle holding about half a pint, and this she finds enough to last for a week-end trip.

An occasional wiping with a solution of camphor water and tannic acid is undoubtedly beneficial in preserving clearness, and if used twice daily, alternating with the borax solution, improves the complexion. The lotion is made from fifteen grains of tannic acid to five ounces of camphor water. It is applied with a soft cloth, after cleansing with water, and dries in. It is astringent, and therefore particularly suited to warm weather.

A slight massage with the rotary motion should be given the face at least once a day, preferably twice. The work consists merely in rubbing in a circle with the finger tips, over the cheeks, temples and forehead sufficiently to stimulate circulation. This serves to keep the tissues in healthy condition and will freshen the color.

REST, NOT COSMETICS, PREVENTS WRINKLES

ALL cosmetics and toilet applications will be useless to a woman if she does not take care of her skin and health. For without a certain amount of attention to conserving energy she will be wrinkled and lined and her hair will be prematurely gray.

Shutting one's eyes is a wonderful assistance to exhausted nerves. To do this at home, when conditions are not such

as to permit lying down, is far better than having the lids wide apart and unconsciously looking at some object.

The strain of a busy day downtown will be tremendously relieved if a girl will take five minutes of her lunch hour and in a dressing-room, or other comparatively quiet place, close her eyes. She must not make the mistake, however, of spending the whole of this five minutes looking at her watch to see if time is up, for in that way she will get nothing but fatigue from the effort.

Another way of resting is to relax the muscles when sitting. A girl who notices will be apt to find that frequently her muscles are tense, as though she were holding the chair, instead of sitting on it.

Some warm drink or easily digested food taken into the stomach will rest a person, nervously and physically. So will a cup of warm milk or one of cocoa. The latter is easily digested, and is not to be confounded with chocolate, which is rich. A cup of hot water is better than nothing, for it brings blood from the brain and is slightly stimulating. When a positive stimulant is required a cup of hot tea is to be preferred to any alcoholic form of liquid, for the latter has a bad effect upon the nervous system.

When a girl can take better care of herself than is possible under working conditions she will find one of the best processes of refreshing herself when tired is to wring out hot cloths and lay them over her eyes and forehead. A hot water bag does not act as a substitute for this and the treatment is a little trouble. The simplest way is to have two cloths and a basin of hot water by the couch. One cloth is in the water ready to wring out and replace the one on the head that becomes cool. Fifteen minutes is enough, and the

improvement in the physical condition is marked. It is a wise plan to rinse the face in very cold water immediately afterward in order to prevent the skin from becoming flabby.

BEAUTY TREATMENT TO KEEP SKIN FRESH

WHERE is there a woman past thirty-five years of age who does not wish to retain a youthful appearance and who will not strive to keep away the marks of age? The latter, brought on by worry more than from any other one cause, can be partly counteracted, if not prevented, by relaxation. But this rest, the principal element of beauty preservation, must be taken regularly as one would medicine to cure a consuming fever, etc.

For instance, at a certain time each day there must be an hour given over to rest. It is useless to say that one cannot spare the time, for if rest is not procured there is no way of combating wrinkles.

In addition to this relaxation a hot tub bath is needed, and it should be taken before lying down.

As to the bath, it should include a scrubbing with bland soap and a brush and a soaking in the warm water for about ten minutes to relax nerves and muscles and get the body into a condition that insures rest.

While bathing the face must be washed, and once a week with a complexion brush the skin must be thoroughly scrubbed, using green soap. After this wash if the skin has a feeling of tightness it may be rubbed with a lotion made of a quarter of an ounce of powdered borax, half an ounce of pure glycerine and a pint of camphor water. This will serve as a massage lotion for persons who do not use cold



Photo by Joel Feder, New York.

KEEPING WAIST LINE SMALL.

cream on their faces, and special attention should be given to the throat, rubbing that part directly under the chin that first shows age by becoming flabby.

Rubbing there should be done with a brisk rotary stroke to stimulate the tissues as well as strengthen them. The lotion may also be rubbed into the chest and arms, for it is soothing and refines the skin.

After this treatment loose clothing that will not restrict free circulation and soft shoes should be put on. Then a bedroom must be darkened, so while lying down there will be no attempt to use the eyes.

Three-quarters of an hour is to be given over to this and a woman must learn to keep her nerves relaxed during this time. She will be more than apt to discover, at first, that both nerves and muscles are tense, even though she is lying down, and it will take several long, deep breaths to make her lose the involuntary grip of herself. That she should do this is imperative.

On getting up she may dress and go into the street without the slightest danger of taking cold from the tubbing.

On going to bed at night a few calisthenic exercises must be taken. The easiest of these consists in doubling the fists, placing them at the shoulders and then thrusting them out at arm's length swiftly. Both arms may be used together and then alternately.

After that it is well to bend, trying to touch the floor with the finger tips without bending the knees. This will help to keep the waist line small. The exercises need not take more than five minutes and are merely to prevent circulation becoming sluggish or the muscles tense.

I thoroughly believe in massaging the face at night, even

though it has been done through the day. It should be well washed to remove impurities and then cold cream or the lotion, already given, applied.

It is taken for granted that only nourishing and easily digested foods shall be eaten, avoiding those that are rich and heavy.

Such is the course of beauty, which, if followed, will lead to success.

CHAPTER X

FACE POWDERS

HARMLESS ROUGE

Carmine, one-quarter dram; sweet almond oil, one-half dram; powdered magnesia, one ounce.

To mix, mingle the carmine and powder, and then slowly work into the oil. The preparation should be forced through coarse muslin several times, pressing out the lumps. It will be in powder form, the oil being absorbed.

HOW TO DEVELOP RED CHEEKS

A GIRL who has little color in her cheeks may have difficulty in developing a carmine tint in winter because she may not use certain external applications possible in warm weather. Water, for example, would bring the red, but would also cause the face to chap were she to go directly into the wind after applying it. A girl I know, whose cheeks are naturally colorless, by using her own concoction of glycerine and English mustard, has worked up a pretty flush. And this is the way she has brought out the red: By rubbing into her cheeks a paste made from English mustard, one teaspoonful of flour, and enough glycerine to form a sticky mass. The theory is simply that mustard brings the blood to the surface.

As soon as there is a sensation of smarting the paste is washed off in warm water and a few drops of glycerine rubbed into the flesh to prevent irritation. Caution must

be exercised in doing this that the original paste does not remain on sufficiently long to cause blistering.

Applying first cold and then hot water to the face is rarely satisfactory, because though the color is brought to the surface in that way it does not remain. I have seen ice and then extremely hot water put on with excellent results, due principally, I think, to the agent employed in applying. For this two thick pads, and better, four, made of several layers of cotton flannel about the size of a silver dollar, are used. The edges are overhanded to hold them together. Two of these were dipped first into iced water and laid on the cheeks where color was desired. They remain for a couple of minutes, or until the temperature begins to rise, when they are again immersed and put back on the face. In a minute more they are taken off and at once the other two, dipped into hot water, are laid on the cheeks in precisely the same spot where the cold application has been made. This operation, alternated, is repeated until there is a distinct sensation of glow in the skin, which means that color has been brought to the surface. In order to prevent possibility of chapping afterward, cold cream is rubbed over the skin that has been wet.

Any girl may make her own rouge, if she wishes, by taking rice powder and coloring it with powdered carmine and a little ocher, about one-quarter less of the latter than carmine. A cream being easier to apply, one may wish that which is made by adding a little cold cream, remembering that the shade of red must then be a little deeper, as the grease lessens its coloring properties.

Beet rouge, that was popular with our grandmothers, can be made by any one. The raw vegetable is thoroughly

washed and dried. It is then pressed against a grater until the juice is extracted, and this liquid is then mixed with starch or rice powder until the shade one wishes is attained. It is finally covered with a thin cloth to keep out dust, and set in the sun to dry. This is absolutely harmless when applied to the skin. A few drops of rose or lavender oil worked in will make it adhere to the skin better, but the preparation thus made requires thorough sifting through muslin to make it smooth.

FACE POWDER FOR BRUNETTES

Lycopodium powder, ten grams; talcum powder, ten grams; powdered tannin, two and one-half grams; boracic acid, two and one-half grams; essence of violet, five drops.

If desire tinted, one grain of carmine may be added.

To mix, mingle the powders and slowly work into the essence. Strain six times through coarse muslin, forcing the lumps through.

TO PUT ON POWDER SO IT WILL NOT RUB OFF

IF a woman washes powder from her face before going to bed, so the pores are not clogged over night, its application will do no harm, always providing the cosmetics contain no injurious ingredients. Many face powders, however, are made with lead or bismuth, which is affected by the atmosphere, so the skin is discolored. Talcum is undoubtedly one of the safest cosmetics that can be used, for it is cooling and simple.

No powder should be used when stale, and those made from rice, starch, etc., will be irritating, and have the capacity to corrode when old. So it is always best to buy them

in small quantities from reliable shops. A pleasant way of scenting them is to keep a stick of orris root in the jar.

Persons whose skin is extremely dry need to put on an under coating if the powder is to remain on. For this coating a teaspoonful of glycerine to half a pint of rosewater is excellent. For use this is put on and quickly dried off, and the powder evenly applied.

Liquid substitutes for powders commend themselves strongly to many persons, and under some conditions have advantages. For instance, they last longer, and at night give a satisfactory finish to the complexion. But one fact always to be remembered when using them is that they must be put on with extreme care and evenness, otherwise there will be patches of white which spoil one's looks.

The simplest liquid is composed of one ounce of pure oxide of zinc, a dram of glycerine, four ounces of rosewater and fifteen drops of essence of rose. To mix, the glycerine is slowly poured over the zinc, stirring all the time to keep a smooth paste. The rosewater follows, added in the same manner. The essence goes last. When bottled there will be a white sediment at the bottom, and the preparation must always be shaken before any is put on the face. In applying a piece of muslin or linen should be used.

FACE POWDER PROTECTS SKIN IN WINTER

FACE powder, a protection when applied with discrimination to the complexion, may do much harm during cold weather, because the cold is drying, and powder has the same effect, and the two in combination may cause

a roughness which only months of treatment will smooth away.

In my opinion, always, in winter, before going into the street, a thin coating of cold cream should be rubbed over the cheeks and chin. The merest atom on the finger tip may be smoothed over, so that a slight amount of cream covers the whole surface, neutralizing the unhappy effects of temperature. After that powder may be dusted on. Then, when leaving the house, the skin should be rubbed with an astringent lotion that will remove the dust from the pores yet will not increase the amount of grease.

For this lettuce water is excellent, and can be made at home at any season. To prepare this lotion an entire head of the vegetable is separated and washed carefully. The leaves are then placed in a new agate or porcelain saucepan and gently warmed, when the natural liquid or juice will begin to be extracted. Warming must be slow, and the pulp kept at a high temperature, without simmering, for half an hour. The mass must then be strained through a cloth, and for every teaspoonful of the juice thus obtained ten drops of tincture of benzoin should be added. The essence may be diluted and made more astringent by adding double its quantity of high-proof alcohol.

A liquid balm agrees better than powder with some persons' complexions during cold weather. This is made from two drams of pure oxide of zinc, one dram each of glycerine and orange-flower water, five drops of tincture of benzoin and eight drops of essence of violets. The zinc is only covered with orange-flower water and stirred. The glycerine and benzoin are put together, adding the rest of the orange-flower water, the two mixtures then being mingled.

This preparation is shaken before being put on the face evenly with a soft linen cloth. It should not stay on over night. It is harmless if washed off before retiring.

The simpler face powders are the less apt to harm the skin. The idea that powders *per se* are injurious is a mistake, unless they contain powerful ingredients.

CHAPTER XI

TOILET PREPARATIONS

NOURISHING COLD CREAMS

COLD creams are like soap, as that which agrees with one skin may not with another, so only by experimenting can one secure a mixture that is nourishing.

Some persons are strong advocates of witch hazel cream, and there is no doubt of its efficacy when it agrees. Besides being soothing, it has the added virtue of bleaching the complexion. To make it, half an ounce of spermaceti and a quarter of an ounce of lanoline are broken into bits in a cup set into a basin of hot water, and then three ounces of sweet almond oil are added. As the grease blends, and before it becomes hot, it is removed from the bath and an ounce of witch hazel is beaten in a little at a time with a silver fork. If the mixture begins to harden before the extract is in it may be returned for an instant to the bath. If at any time it becomes really hot it will not harden.

Another soothing preparation, less greasy than the first, is made from one-eighth of an ounce of best Russian isinglass, two ounces of glycerine, six ounces of rosewater and ten drops of oil of roses. Part of the rosewater is slightly warmed, and kept at a gentle temperature while the isinglass which has been put in dissolves. As soon as the two are blended it is removed from the heat and the other ingredients added. It is a delicate jelly when cold. Cucumber extract

may be substituted for one-half the quantity of rosewater, if wished; that is, three ounces of rosewater and three of cucumber extract are used.

The foundation of many cold creams—a combination of sweet almond oil, spermaceti, white wax and rosewater—is given here because it is inexpensive, not difficult to make, and is one of the best cleansing agents that can be employed in warm weather. Any effect of grease may be entirely removed by washing the face afterward in a saturated solution of borax.

The cream mentioned in the paragraph just read is made from two ounces each of rosewater and sweet almond oil and half an ounce each of spermaceti and white wax. The last two are broken into bits in a china cup set into hot water, and as they soften the almond oil is added. As soon as the hard fats have softened the cup is removed from the heat and the rosewater beaten in slowly. It is to be remembered that the mixture must not at any time become hot.

Saturated solution of borax is merely all the powder that will dissolve in a certain amount of water. It may be mixed by pouring liquid into a bottle until partly full, and adding borax until no more is absorbed. This is applied to the complexion with a soft cloth, and cuts the grease. It is also cleansing.

One of the best preparations for the complexion is an equal quantity of tincture of benzoin and glycerine. It is applied as any cold cream. The greatest care should be taken to use no grease that is the least rancid, or has passed through any other change caused by heat or age, for when the freshness is gone it must be discarded, as its use will injure the skin.

BUTTERMILK IS NOURISHING SKIN FOOD AND DRINK

BUTTERMILK is a food and cosmetic, useful in all seasons of the year, but especially desirable during warm weather, when, in my opinion, no household is complete without it, for it is highly nutritive, is easily digested, and most refreshing to drink. Also, it is inexpensive, a fact that is not to be overlooked.

That some persons do not like the flavor of it at first is a drawback, but one that can be easily overcome. I did not like it at first, but now, in extremely warm weather, I can live upon it, and instead of getting a phosphate, or ice-cream soda, when thirsty, I recommend that a girl get a glass of buttermilk. It is excellent for the complexion, and is a benefit for the system. Incidentally, while upon the subject of its palatableness, let me state that there is more than one quality of buttermilk, and that which is most healthful is not biting acid. It has a certain tartness, but when sour it should not be drunk, although even in this condition it is not harmful. Also, it is easier to drink when cold. It should be sipped slowly.

As a cosmetic it is used as a substitute for water, or in conjunction, as one chooses. Personally, I prefer it as a substitute, and inasmuch as it is to be bought for six cents a quart, I do not regard it as an extravagance. Accordingly as it is an adjunct, or a substitute, the method of using differs a little. When water is not used the milk is put on freely, wetting a soft old cloth and sopping the face, neck and chest thoroughly. No soap is required.

This is at once washed off in warm water to which about a teaspoonful of borax is added to a basinful of water.

Fresh buttermilk is then patted on with the fingers, letting it dry.

When employed as an adjunct the first cleansing must be done with soap and water, the skin being dried and buttermilk patted on later and allowed to remain.

I am frank to state that the odor of buttermilk is not pleasant, and in that lies the undesirable feature of its use. Nevertheless, as a bleaching and refining agent I consider it most valuable.

In cases of sunburn or freckles the milk should be put on at the earliest opportunity, letting it dry into the skin. Water must not be applied at any time while there is a stinging or smarting sensation.

HOW TO MAKE TOILET LOTIONS USUALLY CONSIDERED LUXURIES

IT always seems strange that girls haven't more luxuries on their toilet-tables, for all are not expensive, as, for example, an excellent astringent lotion can be made from a teaspoonful of borax to two ounces of witch hazel. This is splendid for cleansing the skin after motoring or a train journey, and it has the added virtue of being bleaching. Like all positive astringents, it is not to be used to excess, or it will roughen the skin.

Simple, yet finely adapted to coarse flesh, is a cream made by putting one ounce of sweet almond oil into a cup set into a basin of boiling water. To the oil a piece of white wax the size of a small English walnut is added as soon as the latter is warm enough to melt it. To this as much borax as will stay on the point of a penknife blade must be added, and the whole beaten with a silver fork. I omitted to state

that the cup should be removed from the heat as soon as the wax is melted. I like to perfume this cream with two drops of oil of lavender, which are put in just before the preparation hardens. This is used as any cold cream, and I, for one, like it.

Bath softeners are desirable, and by no means either difficult to prepare or expensive. A combination of bicarbonate of soda and orris root is within the reach of almost any girl's purse. The two powders are mixed in equal quantities and a handful dropped into the bath. It is well to keep the mixture in a tight glass jar.

Those who are so fortunate as to live in the country, where sweet clover abounds, should use it, for the leaves, when dried in the sun, impart a delicious odor. From dried clover leaves an extract may be made by covering a quantity of them with deodorized alcohol. This is put into a wide-mouthed bottle, to stand for ten days or more. At the end of such a period the alcohol may be strained off, or the leaves allowed to stand. In either case the toilet water thus made is a strong astringent, and a few drops in a basin of water will be sweet and refreshing.

Tincture of benzoin should be on every dressing-table, for it can be used in so many different ways, and is both softening and whitening to the skin. A few drops in a basin of washing water act as a tonic.

ALMOND TOILET PREPARATIONS

ALMONDS, the Jordan variety, such as are used for candies and salting, have marked virtue in toilet preparations, for emulsions made from them, and used constantly, impart whiteness and softness to the skin

and have an agreeable odor. Bitter almonds, used in small quantities, are bleaching and astringent—that is, have these elements—but preparations made from them are usually more difficult to make than should be attempted by amateurs.

Almond milk was a lotion in which our grandmothers had unlimited faith for improving their complexions, but care in making it is required. Beyond this it is not difficult. Thirty large nuts should be bleached and broken into bits. Bleaching consists in plunging the nuts, after they are shelled, into boiling water, in which they stand for a couple of minutes. The liquid is drained off, and each nut is pinched between the fingers, when it will slide from its jacket. The hulls are rejected.

Few persons have a marble mortar in which to crush the nuts, so they may be broken in a china bowl. A wooden pestle, such as is used for mashing potatoes, will serve to crush them, if the implement is fresh. A lump of sugar or a teaspoonful of the granulated kind is added at once to aid in mingling the oil.

A half pint of rosewater will be needed, and this is put in slowly, almost drop by drop, crushing the nuts all the time. The work is continued, and the water put in until the nuts are only a coarse powder and the liquid is milky. It should then be closely covered and let stand over night. In the morning it is well shaken and poured through a new cheese cloth to strain. To the liquid may be added half a dram of any essence one chooses. This is almond milk, which is the basis of many toilet preparations, and is astringent and whitening in itself. It may be wiped over the

complexion morning and night, drying on, and is to be freely used on the hands.

When the skin is inclined, through dryness of the tissues, to wrinkle, the astringent properties of the milk are greatly increased by adding thirty grains of alum to three-quarters of an ounce of the milk. The alum, powdered, must first be dissolved in three ounces of rosewater, the combination being added slowly to the milk.

Persons who fear to use grease or oils on their skin find almond preparations, and especially the milk, a substitute, in that it feeds the tissues.

SUGGESTIONS ABOUT COMPOUNDING COLD CREAM INGREDIENTS

IN order to make nourishing toilet creams at home it is necessary to understand how they are compounded, for the best cold cream would be ruined if the fats were allowed to become hot. Indeed, excellent ingredients made ready for cold cream are often spoiled when in process of preparation.

As to the mixing of these lotions, all cosmetics should be placed in glass or china. Metal will dull the color, and sometimes has a positively harmful chemical effect. A cup or basin of china serves every purpose when fats are to be melted, this receptacle being placed in another containing hot or boiling water. The point to be watched at this stage is that the fats shall be softened, even melted, but not allowed to become hot. If they do they will never congeal. In adding any oil at this juncture the fats must be removed from the bath, and probably returned again for a moment as the cold liquid begins to harden them.

The congealing process must be delayed until all the ingredients have been put together, and the great secret lies in keeping the cream cool while mixing.

The best mixer for this is a bone or ivory spoon, but a substitute is a solid silver implement, such as fork or spoon. No tin or other metal should be used. The cream, when finished, must be kept in glass or china boxes.

The great secret of successfully mixing face powders of various kinds lies in sifting them many times. For this work bolting silk is the best agent, but is so expensive that few girls can afford it. As a substitute coarse muslin may serve. An ordinary tin strainer of commerce is not to be employed. When, as is the case with many powders, a perfumed oil is added, the mixing is more difficult, for the oil should be dropped alone, and by degrees the powder must be put in. If the operation is reversed mixing will be unsuccessful.

The lumps, which even in the former state exist, must be worked and crushed until they can be forced through the muslin. Obviously, the difficulty of this is that the cloth will break if one is not careful; yet if the lumps are not forced into a smooth mixture all of the perfume, as well as the quality for "sticking," is left out.

When liquids are put together, and powders form part of the ingredients, care must be taken to dissolve those first in some liquid that will absorb them. For example, many creams contain alcohol and glycerine in combination with a powder. The latter should go into the alcohol, and be thoroughly absorbed before the glycerine is added.

It is only by observing precautions such as these that success can be achieved.

DELICATE PERFUMES COMPOUNDED AT HOME

TO make the best of perfumes at home, so their cost will be comparatively small, I would advise several girls who like a delicate scent in their garments, or to put on their flesh after bathing, to club together and buy a small quantity of some superior grade of essential oil. By that I mean what might be called the original perfume, from which toilet waters and extracts are made.

The oils, being pure, are extremely expensive, and half a dram would make enough delicately perfumed water to last a lifetime. Such an investment is not within the purse of the average girl, but several may get the quantity, divide the cost and the oil, and then have scent enough for several months' use.

If this scheme is followed the oil chosen should be bought from any of the large importing chemists, and enough money should be paid for it to get an excellent quality, and some deodorized alcohol or spirits of wine to mix with it.

When purchasing the oil a girl who snuffs it, expecting to find the odor sweet, will be disappointed, for it is so strong as to be almost acrid; for not until the oil is reduced with alcohol does the scent become fragrant. To give the exact quantities of spirits of wine or deodorized alcohol that may be put with a few drops of oil is impossible, because it depends upon the quality of the oil and the heaviness desired in the perfume. It will be necessary to combine the two and try them, adding spirits as long as any acrid odor remains.

When the mixture is complete it should be light and volatile; sweet, without being cloying.

If sachet powders rather than liquid perfumes were used, I think the effect would be pleasanter, for there is a softness, a delicacy about sachet that is impossible to get in any other form. Of the powders, Florentine orris is so largely imported now that it has gone down greatly in price, and so may be used extravagantly, and yet never be unpleasant. Dressing-table and chiffonier drawers, handkerchief cases, and others for gloves, may be lined with it, for it imparts one of the most attractive odors. This is among the cheapest sachets, and yet not even the most expensive is daintier.

Dried lavender is delicious, inexpensive and lasting. It deserves to be used more than it is as a perfume for personal garments, for its freshness is invigorating.

Heliotrope, rose, and other sachets, being artificial—that is, manufactured—are less lasting, and at the same time more expensive. They may be indulged in occasionally, but one of the others will be better for general use.

SKIN TONICS FOR USE IN THE BATH

BRAN and oatmeal bags are among the simplest and best of cleansing agents, and it is unfortunate that they are not used more frequently, for both are inexpensive and the work of preparing them is slight.

Bran may be bought at a feed store or the druggist's, and bags to put it in may be quickly made at home. These cases, fashioned from cheese-cloth, should be about six inches square and sewed on the machine or in small stitches with the fingers, leaving open only a small space in which to put the grain.

One formula for preparing bran is to put three ounces of orris root, powdered, to six pounds of bran, mixing the two thoroughly. If wished, three ounces of Castile soap, scraped to a powder, may also be added. Each cheese-cloth bag must be half filled with this mixture and then sewed tightly together. A bag may be used not more than three times and should be thrown into the bath as soon as the water is drawn. As it should stand for fifteen or twenty minutes in order to soften the water, it is well to draw the bath hotter than is desired. The sack of bran is rubbed over the body, or not, as one likes. The only way of drying it, for another time is to hang it to drip. To squeeze it would extract a large part of its beneficial properties.

Oatmeal at its best, for these bags, should be of the old-fashioned variety, boiled for fifteen or twenty minutes. This expands the grains, so the starch will be easily extracted when thrown again into hot water. To five pounds of this should be added a pound of powdered orris root and a pound of almond meal. These two last ingredients, that add materially to the expense, may be omitted, using in their place Castile soap as suggested for the bran mixture. Orris, while desirable for its scenting properties, is not essential.

A tonic mixture, good for the skin and stimulating in effect, for the bath, is particularly recommended for persons of florid complexion and has the merit of not being expensive. It is made from a gram each of bromide of potassium and carbonate of lime, 300 grams of carbonate of soda, eight grams of phosphate of soda, five grams of sulphate of soda, one gram of sulphate of alumina, three

grams of sulphate of iron and a gram each of oils of lavender, thyme and rosemary. This is sufficient for one good bath, but the mixture might be increased in quantity so there would be enough for several different immersions. Three times a week would be a sufficient number of times to put it in the tub. Like the others, it should be put into a bag, so the drain pipe will not become clogged.

Pleasant baths are made by scenting with some of the essential oils. For example, a few drops of oil of lavender in a tub of warm water will give a fragrant odor to the skin. A mixture of equal parts of lavender, thyme and rosemary is a pleasant combination. Care must be taken not to use too much at a time, or the odor is unpleasant. A teaspoonful is a large quantity for a tub.

HOW TO MAKE INEXPENSIVE TOILET WATERS

MIXING sweet scented toilet waters is a pretty kind of work which is not expensive and results satisfactorily. To compound these waters, use clean, preferably new, glass bottles, with glass stoppers.

Extract of pink is among the most spicy and not expensive ingredients, and a delicious liquid is secured by putting half a pint of rectified spirits with half of one ounce of oil of pink. These should be shaken for several minutes, to be thoroughly mixed, then tightly corked and put away for several weeks. All scented waters are improved by time.

Most inexpensive is another liquid, made by pouring a pint of rectified spirits over three-quarters of an ounce of cloves and one and one-half ounces of crushed cinna-

mon. The whole is bottled, corked and placed in a dark, warm closet for a week, after which it is strained. The water is decidedly spicy and has the virtue of never being cloying.

Mignonette, the fragrance of which is so delicious to many persons, may be made by mixing half a pint of extract of mignonette, two and one-half ounces of extract of cassia, two and one-half ounces of tincture of orris root, one ounce of tincture of tonquin, one and one-quarter ounces of tincture of benzoin and two ounces of triple rosewater. This, like the others, must stand before being used.

Heliotrope also can be made by putting half a pint of extract of rose with three ounces of extract of neroli, a pint of tincture of vanilla and seven drops of oil of bitter almonds. This is particularly recommended for bureau drawers and cupboards, for if it stands for some weeks, tightly corked, before being used, the odor lasts.

Sweeter than any of the waters given is extract of tea rose, made from one and one-half ounces of extract of triple rose, five drams of tincture of musk, seven drops of oil of neroli, five drops of oil of rhodium and one ounce of triple rosewater.

It must be remembered with all of these that they can be much diluted in strength by the addition of rectified spirits in any quantity one wishes. Treated in this manner, they become toilet waters, rather than extracts, and may be more freely used. It is always a mistake to employ any excessive amount of extracts, for the odor becomes cloying. By reducing them to the strength of waters chance of this vulgarity is avoided.

BENZOIN AN EXCELLENT TOILET PREPARATION

RECIPES for toilet lotions based on benzoïn may interest many women, because benzoïn is bleaching, astringent and softening.

The benzoïn gum is soluble in pure alcohol, and a tincture may be made by putting into the liquid as much of the gum as it will absorb. Precisely what this quantity is cannot be told, but it is easily discovered, for by adding the resin in small quantities until the last bit remains whole the right proportion is secured.

A benzoïn lotion excellent for chapped hands is made by dissolving two ounces of the gum in a pint of alcohol. It is rubbed over the hands several times a day and allowed to dry on. Morning and night the face, after careful cleansing, can be rinsed in the same fashion, letting the liquid remain on for five minutes and then washing it off.

In the combination just given the astringent properties are so strong that if the skin has a tendency to dryness the effect might be undesirable. To make it entirely safe a tablespoonful may be put into half a glass of water, and this weak solution used five or six times during the day. The addition of an ounce of glycerine to half a pint of the original lotion renders the preparation more suited to some complexions, where there is tendency to excessive dryness. In this latter form it is known as *lait virginal* and is among the most highly valued cosmetic washes. Its continued use undoubtedly affects the skin favorably, but improvement is not to be expected in a few days.

One of the remarkable qualities of benzoïn is that it prevents fats from becoming rancid. All cold creams should

contain a percentage of it, in proportion of a dram of the tincture to four ounces of cream.

Benzoin in the stick heals sore lips, and because of its astringent properties acts quickly. It may be rubbed over the sore several times through the day and at night. The strong tincture already spoken of is good for the same purpose.

One sometimes hears it said that benzoin causes wrinkles. This is true, only when the application is used to excess. Small quantities unceasingly applied is the rule for using.

The gum benzoin is used much in sachet combinations, and an excellent lavender preparation is that made from ten ounces of dried lavender flowers, three ounces of gum benzoin powdered, six ounces of cyprus powder and one and one-half drams of oil of lavender. The powders are mingled and the oil is then worked through them. The mixture improves by being kept in tight glass jars.

CLEANSING POWDERS USED INSTEAD OF COLD CREAM

WHEN dust raised by spring winds makes necessary some special cleansing agent for the face, and there is prejudice against cold cream, emollient powders may be substituted. These, besides cleansing, sometimes have gentle bleaching qualities which refine the skin without danger of injuring it.

Quite the best of these is made from four and one-half ounces each of blanched sweet almonds and dried ripe tonka beans, two ounces of powdered orris root, one and one-half ounces of castile soap (so old that it may be powdered),

three-eighths of an ounce of spermaceti, a quarter of an ounce of carbonate of soda and one and one-half drams each of oils of bergamot, lavender and lemon.

This mixture is not difficult to make, but requires patience, for the solids must be ground to a fine powder. They may be reduced in a coffee mill after it has been carefully cleaned.

When the dry ingredients have been mixed the oils must be combined and the powder worked slowly into the solution, breaking the large lumps into small ones and making sure the oil is distributed thoroughly.

When it is to be used the powder, which is kept in a tightly closed jar, is poured in a small quantity into the hands, which first have been moistened, and they are rubbed together as though soap had been put on, and then the suds rubbed on the face, which must also be wet before the powder is applied. It is rinsed off in clear water. A teaspoonful is enough to use at a time.

A paste that is cleansing and bleaching is made from twenty grams of powdered white castile soap, five grams each of gum benzoin and storax and fifteen grams of powdered spermaceti. These are thoroughly mingled in a china basin and then twenty-five grains of strained pure honey is worked in to form a smooth paste. This is covered and left where it will keep warm. It should be slightly dry when used as a soap.

Nothing could be simpler than a mixture of one ounce of bicarbonate of soda, half an ounce of powdered orris root and one-half a dram of powdered spermaceti. These should be thoroughly mingled and kept dry. To use, the skin is moistened before the powder is rubbed on.

This compound will not agree with a dry skin, but is ex-

cellent for one that is oily, being slightly drying and decidedly cleansing.

In my opinion, almost any cleansing agent is better than soap for the face, save where, in exceptional instances, a person finds one that agrees. Generally, after its use the skin has a tight and dry feeling that is conducive to wrinkles. A few drops of glycerine put on a bit of cotton, like huckaback, which is slightly rough without being irritating, will remove dirt better than a large quantity of soap and water. This grease must be rinsed off afterward in warm water, finishing with a final rinse with cold.

Milk is excellent, it being put on in natural state, allowed to dry in the skin, after the dirt has been removed, and then rinsed off in clear water to prevent any sour odor. Butter-milk is one of the cheapest beautifiers that can be bought, and few are more efficacious in softening and whitening the skin.

OILY LOTIONS TO BE USED INSTEAD OF WATER ON FACE

TO prevent the ravages of wind, dirt and cold upon the complexion use some simple skin wash, substituting it for water. The benefit of such lotions lies in the fact that they cleanse without drying or hardening the skin, and in many instances soften and refine it. Such a wash made from fresh lemon juice, rain water, etc., is excellent, but to get the best results it should be fresh every two days. It consists of a tablespoonful of fresh lemon juice, half a pint of rain water and a few drops of attar of roses. Rose water may be substituted for rain water.

These ingredients are vigorously shaken and put on with

a thin piece of muslin. This cloth must be constantly turned so that when mopping the face and neck the old dirt is not rubbed into the skin again. The surface should be wiped several times and finally dried with a soft cloth.

Should this be used as a substitute for water it will be necessary to give the eyes different treatment, in order to keep them properly cleansed. A weak solution of boracic acid is always good, dissolving as much of the powder as would go on the point of an ordinary penknife, in a gill of water. With a bit of absorbent cotton the lids must be mopped, letting some of the liquid go into the eyes.

Every one knows that cucumber juice is an excellent astringent and bleach, but many girls do not realize how simply it may be made. The vegetable is washed and dried, then cut in tiny pieces, skin and all. This is put into a clean saucepan and about a teaspoonful of water is added. The whole then goes over a slight heat until the vegetable juice begins to be extracted, when it can be subjected to a hotter part of the fire. As soon as the liquid begins to simmer it should be removed and pressed through a bit of cheese cloth. The juice that is extracted is bottled, but left to cool, and when cold is diluted with twice the quantity of water.

It is used in the same way as the lemon juice preparation. Should it appear to dry the skin a teaspoonful of glycerine may be put with half a pint of the lotion.

It is not to be expected that either of these will make the complexion white and clear over night. Their effect will not be perceptible from week to week, but there is no question that constant application will render the skin finer, and that at the end of six months the condition will be decidedly improved.

Water is acknowledged to be one of the most injurious applications that can be made to the skin, but is used because it is inexpensive and convenient. Clear milk is cleansing, but buttermilk is excellent.

Applications of grease are extremely unlikely to cause any superfluous hair to appear upon the face if the complexion is thoroughly wiped over with alcohol, or any toilet water, after applying cold cream. Alcohol or strong acids, such as vinegar or lemon, cut the grease, rendering it harmless. It should not be forgotten that an overdose of acid will dry the skin unpleasantly, even though there may have been a previous applications of grease.

Tincture of benzoin intelligently used, is among the best toilet preparations, but in extreme quantities it becomes over astringent, causing wrinkles. An ounce of the tincture to half a pint of pure alcohol, adding two teaspoonfuls of glycerine, is both bleaching and softening, after a time. It may be used without the glycerine, if one wishes, but in the latter case should not be employed more than twice a day.

None of these lotions is expensive.

GLYCERINE LOTION WHITENS AND REFINES SKIN

THE existing prejudice against the use of glycerine is not only often without legitimate basis, but frequently prevents beneficial results from the application of this agent. For, when combined with other ingredients, it makes soothing, nourishing and refining lotions.

Under no circumstances, however, should it be used full strength on the skin, and that this fact is disregarded is the chief reason that many persons say it is hurtful. Dilution

is necessary, because so strong is it in the original state that it irritates, causing burning so much complained of. In healing qualities nothing can surpass it.

In combination with rosewater, glycerine becomes most effective, and a few drops of carbolic acid, ten to the half pint of the mixture of two-thirds rosewater and one-third glycerine, adds to the curative properties.

In this form it is excellent for the hands, applying it after washing and drying, then patting off the lotion with a dry towel. The face may be treated in the same way once a day.

The idea that glycerine promotes a growth of superfluous hair is a mistake, unless the liquid is used in large quantities and for a long period of time. Apropos of using any healing agent a skin specialist, speaking of a cold cream known to have great virtue, said recently that if after six weeks of use the complexion showed no improvement the application should be stopped. Six weeks should be regarded as a reasonable length of time in which any lotion or hair tonic, etc., should show its efficacy. It is not that a cure is to be completed in this number of weeks, but that signs of improvement should be visible. This rule applies also to glycerine.

Glycerine is in two grades and stress must be laid upon the importance of securing that which is chemically pure, for the other has salts of lime, that not only discolors the skin but will injure any hair with which it comes in contact.

A cream made from glycerine should always be on hand, for it is soothing for sunburns and will reduce redness of the complexion caused from being in cold winds. It is made from a gill of oil of sweet almonds, two and one-half drams each of white wax and spermaceti, seven-eighths of an ounce of glycerine, six-eighths of a dram each of oils of bergamot,

lemon and geranium, twenty drops of oil of neroli and two and one-half ounces of rosewater.

To mix, the perfumed oils are combined and set aside. The spermaceti wax and almond oil are then put into a cup and set into a pan of boiling water to melt. They must not become hot. As soon as they are blended the cup is removed from heat, the glycerine is poured in and then the rosewater, the latter added slowly while the mixture is beaten with a silver fork. If the cream begins to harden at this stage the cup must be returned to the bath for a minute. When the rosewater is all in and the cream on the point of congealing, the perfumed oils must be stirred in quickly, returning the cup again to the heat, only for a second, if necessary to soften, so the ingredients will blend thoroughly.

This is used as any cold cream for massage, cleansing or as an emollient.

One of the most healing applications for chapped skin or lips is glycerine and tincture of benzoin, mixed in equal parts.

TO COMPOUND INCENSE FOR BURNERS

INCENSE burners are ornamental as well as useful, and can be purchased in all kinds of metal, according to the price, while the spicy scents burned in them can be made at home at small expense. To secure a spicy, fragrant odor, fill a flat, shallow basin filled with boiling water and put in a teaspoonful of cinnamon oil, and the spicy fumes will be sent out by the steam. If it is possible to keep the vessel where it will simmer, but not boil, the steam, being longer retained, acts longer, and a whole room may be perfumed. Oil of lavender may be used in the same way, as may any

of the pungent flavors, such as neroli, rhodium, etc. The only trouble with the method is that it is not specially attractive to look at, and so cannot be done in the presence of guests. However, a room once perfumed in this manner will retain the odor for several hours.

Ground cinnamon, and cassia, put away in garments, give a fragrance that reminds one of spicy isles. Sandalwood is, of course, the sweetest of all. Some old wiseacres believe that cinnamon has disinfectant properties when burned in a room, and will kill germs. However this may be, some of the powder, thrown on a hot shovel, will make an invalid's room smell fresh.

Pastilles, the sweetened lumps that may be burned in braziers, are chiefly of powdered charcoal, held together with gum tragacanth and flavored with aromatic powders. An inexpensive compound is made from four ounces each of olibanum and benzoin, a dram each of oils of lavender, cloves, cinnamon, thyme, caraway, sandal, rhodium and geranium, an ounce of nitrate of potassium, and two pounds of powdered willow charcoal.

Two ounces of gum tragacanth will be required. Over these is poured enough water to thoroughly soften, which will take several hours.

Into this the nitrate is put. All the oils are mingled, and the first two ingredients are put with the charcoal, being thoroughly stirred. The last is then slowly worked into the oils and the gum at the same time. If the mass is too stiff to work, a little water may be added until a lump that can be handled is formed. It is then made into small cones and put away to harden. These, to use, are lighted and put into a brazier.

Simple is a compound of two ounces of powdered gum olibanum, half an ounce each of powdered benzoin and myrrh, and five ounces of prepared charcoal. This is held together with gum tragacanth. Half an ounce should be enough. A little different in odor is another combination of two ounces each of sandalwood and benzoin, an ounce and a half of olibanum, an ounce each of cascarilla, cinnamon, cloves and niter, and seven ounces of charcoal. All the ingredients are powdered. They are bound together with gum tragacanth, rolled into sticks, and dried. They are then ready for use.

CHAPTER XII

BATHS

WHEN COLD BATHS ARE HEALTHFUL

WHETHER or not one may take a cold bath in the morning is a question that should not be difficult to decide, for if after a plunge or shower there is a feeling of reaction and exhilaration it is excellent, and a tonic to the body; but unless there is this decided sense of glow a cold tub is not healthful.

Nevertheless, cold water should not be condemned until after intelligent trying. There is no more virtue in an icy tub than in one which is just chilled, for it is only necessary that the temperature should be a few degrees below that of the body. This in itself will create a shock when applied, but is not so severe as to drain the constitution. Also, a cold bath, whether a shower or plunge, must last only a couple of minutes. It is never a substitute for a warm, cleansing tub, and must not be so regarded.

If a shower is used the water should dash sharply against the body, the force of the spray helping to stimulate circulation. If a plunge is preferred there must be enough water in the tub to cover the body, and for the minute that one remains under every muscle should be working, by kicking, and moving the arms, legs, etc. Instant rubbing with Turkish towels adds to the stimulating effect, and afterward, if the bath agrees with the constitution, there will be a distinct sensation of exhilaration.

Some persons who are not strong enough to take cold water in either of the ways suggested may derive benefit from a cold sponge, which is merely wiping the arms and body briskly with a cloth or sponge wet with cold water. This is stimulating to the circulation and excellent for the skin if it follows a warm washing.

A cold bath should never be taken at night, for exercise afterward is imperative.

A warm bath at night is undoubtedly relaxing to the nerves and most beneficial after a tiresome day. When used for this purpose there is always the danger that it may be overdone, and become exhausting, for the soothing effect of warm water is such that to leave it is an effort. Rarely should one stay in it longer than fifteen minutes, and for delicate persons that is too long.

There are individuals strongly prejudiced against taking warm tubs in the morning, on the basis of danger of catching cold. The risk of this is remote, I think, unless the water is much hotter than the body. If the temperature is little more than tepid, and there is brisk rubbing afterward, the pores are not sufficiently open to make the condition sensitive, especially as a person rarely goes out of doors for an hour or more after leaving the water. There is no doubt that a hot bath in the morning for one who must go shortly afterward into the cold air would be dangerous.

TURKISH BATHS MAY BE TAKEN AT HOME

THE problem of a Turkish bath at home has been solved by a clever girl who wished to take them regularly and could not afford to go to a regular establishment. Her equipment for the bath consists of three large

lamps and the family bathtub. The fact that the bathroom is a small one aids her in getting the effect of heat desired, but a compartment of ordinary dimensions may be similarly adapted if more lamps and longer time are given to the preliminaries. The most important part of the home arrangement consists in getting the room hot, and this the girl finds easier to accomplish in winter, when the steam is on, than in summer, when she has only the lamps to produce heat.

To secure heat the windows must be closed tightly, also the door, and the hot water turned on full. This soon begins to throw off steam, which expedites the raising of the temperature, and by the time it gets to eighty she stops the water and the lamps are lighted. Each is placed in a different part of the room, and on low tables, that the heat they throw off shall not go too far from the floor. This arranged, she goes out, closes the door, and for two hours permits the room to gain heat. At the end of that time she has the thermometer in it pointing to ninety, and gets ready for her bath.

Using a steamer chair, quite as in professional baths, she swathes herself in a sheet, and with her back to the light, stays there for half an hour, during which time she gets into a profuse perspiration. A jug of ice-water keeps its coolness a sufficient length of time for her to have one or two refreshing drinks, which also increases the throwing off of perspiration.

A cold cloth on her head prevents any sensation of faintness.

At the end of half an hour, the girl stands on a bath mat, before a basin of water, and with a good bath brush and plenty of soap scrubs her entire body. Then, as well as

she can, she kneads and massages her body, the process taking ten minutes or more. The lamps are burning during this time, so that the heat of the room is maintained.

After the scrub she draws the tub full of warm water and gets into it for a rinse. Then, letting off the water, she rubs down with coarse salt, this being done before using bath towels. Then she puts on a thin flannel gown, and goes to bed, getting between the sheets. Her room is darkened, and she gives half an hour to relaxing and resting. At the end of that time she gets up, rubs herself with alcohol, and dresses, feeling fresh and invigorated. The treatment should have a beneficial effect upon her complexion, clearing and refreshing it.

The bath is not one that should be taken by a person having any heart weakness.

SPONGE BATHS ARE AS CLEANSING AS TUB BATHS

WITHOUT a daily bath a clear complexion is almost impossible, for only by the stimulation secured from water, and brisk friction afterward, can the skin be kept healthy and circulation at its best. The efficacy of water, judiciously applied, is great, so far as beauty is concerned.

And a bath in a tub is excellent; so good, in fact, that we are prone to regard it as a necessity instead of a luxury. But just as good results, except in cases of illness, are obtained by washing in a basin, provided one knows how to use it—the “Florence Nightingale bath,” as one woman flippantly dubs the basin bath.

According to Florence Nightingale, one can be as clean by using a quart of water as a hogsheadfull, and in point of fact I am not certain that the former is not the cleaner method. To be thoroughly sanitary in effect the body should be sprayed, or immersed in fresh water after soaping, or one emerges wet with that which is soiled. But how many persons take a second plunge?

With the "Florence Nightingale bath" a rinse becomes necessary, and the mode of procedure is to have a basin of warm water and go over the body with a soapy cloth, wrung out at intervals in the basin. Beginning at the face, then the neck, chest and arms, every bit of the skin is laved and frictioned. Not until the feet have been similarly treated is the water turned out. With a fresh basinful, and another cloth, a second rubbing, which serves as a rinse, is taken.

In my opinion, it is useless to take such a bath unless something is provided on which to stand, for to use the liquid in quantity without spilling some is impossible. So a soft Turkish bath mat, folded twice and laid on the floor to stand on, makes the taking of this kind of wash enjoyable.

The habit of having a bath mat in one's trunk when making a round of visits has been adopted by one woman, who finds that it is not always possible to have the use of a bathroom, and so, thanks to her mat, she is not deprived of a daily and satisfactory bath.

A shower, if only from a hand spray, is to be classed among the luxuries. To get the greatest benefit from a hand shower one should stand on a mat, soap the body, and then, standing in the tub, use the shower as a rinse; warm first, changing gradually to cool. If a person has a con-

stitution which admits of finishing with a really cold shower, the exhilaration from it is stimulating.

A cloth with the bath will remove soil, but it will neither remove scarf skin nor prevent its accumulation. It is constant use of a cloth that permits the accumulation of old skin, the removal of which, in great rolls, is sometimes so mortifying when having Turkish baths. Brushes cause a surface stimulation which acts as a skin tonic, and no matter what kind of bath is taken one should be used.

As to keeping of a brush sweet smelling something must be said, because should it become sour or stale the odor imparted to the body is unpleasant. Each time, after using, hot water should be run through the bristles to cleanse them, followed by an immediate plunge into cold, to prevent the "life" of the brush from being destroyed by heat. It must be placed where it will dry rapidly in fresh air. A small hook in the window frame serves this purpose if the brush is hung so the bristles are down, permitting the water to run off quickly, instead of soaking in.

When bathing is to be done in a tub the best results are had from tepid water. Cold is not cleansing, and that which is hot is likely to be weakening, but blood temperature is good. The final rinse must never be omitted.

Always, in taking a bath, the face should be separately treated. I do not believe in using water for it, save when rain, boiled or distilled, can be secured. A cleansing substitute is far better, and frequently more efficacious in removing soil. Camphor water is excellent, and so inexpensive as to make it possible for almost every one. Camphor water lotion comes under the head of astringent tonic washes, and no family should be without it. It is made

from one-quarter ounce of powdered borax, one-half ounce of glycerine and a pint of camphor water. When the skin is oily glycerine may be omitted. In either case the lotion is left to dry on the skin, and may be used freely.

Rose water is good. Almond milk is ideal when pure, but difficult to make. About thirty Jordan almonds are blanched, broken, and put into a mortar, with a level teaspoonful of granulated sugar. To this (slowly pounding all the time) is added a pint of rosewater. The nuts must be reduced to powder. The mixture stands for forty-eight hours (bottled) before straining. The "milk," freely used, is excellent for the skin, and is said to prevent wrinkles.

HOT BATHS ARE EXCELLENT REMEDY FOR INSOMNIA

ONE of the simplest and best panaceas for an attack of nerves is a hot bath. If a woman who is fatigued by the day's work finds herself unable to sleep after going to bed, she had much better take a hot tub than to indulge in a drug, even of the mildest description. There is something remarkably relaxing in immersion in hot water.

To put a time limit upon the bath is impossible, because it depends upon the original vitality of the individual. One whose strength was much lessened could not stay in the water for more than ten minutes, while for another twenty minutes is none too long. The way one feels on getting out is the best criterion, for there should be a gentle sensation of lassitude, but not that of exhaustion.

If to gain sleep is the object for which the bath is taken, everything should be prepared before getting into the water. The bed must be open, and there should be a hot-water bag

in it to warm the sheets, that there shall be no shock of cold linen. Fresh air from an open window is a necessity, but draught is not desirable.

These details attended to, the water in the tub should be of a temperature just comfortable to the skin. After the whole body has gone beneath the surface the hot faucet must be turned on, slowly letting the temperature of the bath rise until it is as hot as can be endured comfortably. Occasionally, more hot water can be added in this way, for as the skin becomes accustomed to warmth it can endure more.

As this tub is not taken for cleansing purposes, it only remains for the person to lie quite still, closing the eyes and trying to relax the muscles. By giving oneself up to it in this way much more good is accomplished than would be from a vigorous scrubbing.

A person whose nerves are strained will find drinking hot milk one of the most beneficial simple remedies that can be taken. The addition of a little salt sometimes makes it more palatable as a drink, as well as soothing to the nerves of the stomach, and it is easily digested. Hot milk agrees with many persons who cannot take it cold.

It is better to eat simply, and only a little at a time, if the system is run down. For if the stomach is not healthy it may digest a small quantity when the normal amount would be quite impossible. A cup of hot milk every two hours is wonderfully nourishing, or a cupful taken between meals and on going to bed at night. Especially after a hot tub the mild hot drink greatly aids the cure.

One who is troubled with sleeplessness should always have some kind of light nourishment beside the bed to take dur-

ing wakeful hours. Sometimes even a small cracker, indeed even a swallow of water, will draw the blood from the head into the stomach and quiet the nerves. For this milk is better than water, and only a small quantity need be taken at a time.

Closeness of atmosphere will not infrequently cause one to stay awake, and the proper manner of ventilating should be given careful attention. A direct wind upon a sleeper is not good, but a constant ingress of fresh air is essential.

LUKEWARM TUB IS REFRESHING IN SUMMER

IN an effort to preserve strength and beauty of complexions during the heat of summer women will find that warm baths are an assistance. Hot baths are heating to the blood, for after a sensation of coolness that exists for a few minutes when leaving the tub, a feeling of discomfort follows. Cold baths are undoubtedly heating, and so, eliminating both, tepid plunges are the only hope for refreshment.

For a tepid bath a tub filled more than half full of water which is "just cool" to the hand is refreshing at the end of a hot day. In water of this temperature a person of normal health may remain for fifteen minutes. Of course, this length of time will weaken one who is not strong, and for such a cool sponging may have better results.

One who really cares for her tub, and for getting the most refreshment, will make a point of adding some tonic or astringent preparation to it. Some of these lotions are inexpensive to make, and decidedly beneficial in their action on the skin. For example, one which I like is made from

six grams of oil of bergamot, two and one-half grams each of oils of citron and Portugal, one and one-half grams each of oils of neroli and petit gran, three-quarters of a gram of oil of rosemary, one and one-half grams each of essence of rose and balsam of tolu, and a pint of deodorized alcohol. This should stand tightly corked for several days, and then should be strained through coarse paper. A few spoonfuls must be put into a tub of water. Soap should not be used at the same time.

Simpler, and less expensive, and at the same time tonic in its properties, is a mixture of a quarter of an ounce of oil of lavender, one-quarter of a dram each of oils of bergamot and lemon, half a pint of spirits of wine and a quarter of a pint of rectified spirits.

The cost of either of these is materially reduced if they are used from an atomizer after the bath. In applying a tonic from an atomizer the body must be gently dried and then sprayed.

There is so much refreshment in a salt rub, that at this season of the year girls should have a box of it in their dressing-rooms, and after taking a bath, and before the body is dried, it should be rubbed into the flesh. Some of the grains will adhere for a few minutes, while others fall immediately. As they dissolve in water, there is no objection to standing in the tub during the rub, so the room will not become untidy. Afterward the body must be gone over again with a towel to remove the salt.

Half the secret of refreshment from a bath in warm weather lies in a gentle and not vigorous rub afterward. The latter will stimulate circulation and put a person into a glow. Therefore the utmost care must be taken to dry

without using much strength. One woman makes a practice of putting on a crash dressing-gown, without first using a towel, and lying down for five minutes. In this way moisture is absorbed with no effort on her part, and she feels fresh and cool.

BATH WATER MUST NOT SHOCK NERVOUS SYSTEM

HOW to adapt the temperature of bath water to best suit the system might seem a simple matter, but judging from the number of persons who ignore it advice on the subject seems necessary. There are persons, women, without exception, who declare that a daily tub does not agree with them. As a matter of fact, nothing can be more beneficial to the physical condition, as well as to the skin, if only the water is not so hot or so cold as to debilitate one. One hears a woman declare that a bath weakens her. One of two things then is certain: either she takes it too hot or stays in the water too long.

There may be a gentle and desirable relaxation, so refreshing as to be stimulating, from a bath that is warm, but to gain this benefit the water must not be hot.

It is impossible to lay down any rule as to the precise point of heat to which water may be brought, because what would be warm to one person would be chilly to another, the degree of heat depending upon the individual's general physical condition. The nearest one can come to specific instruction is to state that the bath should impart a gentle feeling of warmth as soon as the water touches the body, but that it must not be hot.

This getting into water that is so steaming as to make

the first entrance one of Spartan fortitude is to be commended only when trying to break up a cold or to throw the body into a state of perspiration. There is no reaction from it; indeed, such water is debilitating in effect, and immediately after taking such a tub a person must go to bed. Even resting will not be sufficient, and one would probably waken from a nap feeling weak and languid after a very hot tub.

Under no circumstances should a person remain longer than fifteen minutes in a tub; and ten minutes is enough. This, of course, is in warm water; in cold one would not stay longer than two or three minutes. When in the water use a bath brush. It has excellent cleansing qualities, as it gives surface stimulation if gently rubbed on the skin. A woman who has once used a bath brush will not enjoy her tub without using one.

A bath every day is none too often, an opinion with which every woman will agree when she has learned to regulate the heat of the water. This bath is best taken late in the afternoon, and a woman must lie down for five or ten minutes, or longer. This is not a good hour for a busy woman, however, and so she will get the most benefit by taking her bath at night, just before going to bed.

At such times as, for physical reasons, a bath is not possible, a dry rub is excellent. To give it the whole body should be briskly rubbed with a coarse bath towel, stimulating the circulation and preventing the accumulation of dried skin.

PERSPIRATION CLEANSSES THE SYSTEM

THOSE persons who rail against perspiration do not grasp how important is this function of the skin, for impurities that would otherwise injure the system are sent through the pores and in moisture exuded. If perspiration is excessive it becomes unpleasant, but a perfectly natural and moderate amount of moisture is to be desired.

The effort to entirely close the pores, a condition tried so continuously by many women in summer, if accomplished would be most unfortunate, for the treatment would ruin the skin.

The worst effect astringents can have is to cause a slight surface dryness, and the instant this condition becomes more pronounced it results in rough and scaly flesh. And as each woman recognizes this she remarks that the wash she uses in hot weather "does not agree with her." When such is the case she has applied it excessively, and worse than uselessly.

It is equally true that excessive perspiration is sometimes due to nervousness, even when the physical condition is sound. One who permits herself to become flurried and upset will suffer from moisture when she would be entirely comfortable could she but control her nerves.

Physical weakness, of course, always makes for perspiration, and when the trouble is due to that condition tonics should be taken internally and an effort made to build up the system.

To have the pores remain closed in warm weather is to suffer even more than ordinarily from the heat. Moreover, it is not conducive to health. If the tiny holes of the body

are not permitted to remain open and to breathe, sickness, and sometimes death, results. The death of a small child in Italy several centuries ago was directly traced to the fact that, owing to his beauty, his body was gilded, and he was carried in a pageant through the streets. The gilt could not be removed later, and the child sickened and died because the natural functions of the body had been interfered with by his golden skin covering.

All this is not to say that nothing should be done to check perspiration. It is merely that the organic value of this state should be appreciated. To allow perspiration to remain for any length of time on the skin is most unpleasant, if not offensive, and one whose glands excrete rapidly should take every possible precaution to bathe frequently and put alcohol in the bath, or use harmless astringents. Violent exercise must be avoided and fresh clothing worn next the skin. Body linen that has once been soiled by perspiration stimulates the flow if put on again.

REMEDIES TO REGULATE FLOW OF PERSPIRATION

THOSE persons who declare with satisfaction that they do not perspire are as little to be envied as those who have excessive exudations from the pores. For in the former case impurities are not thrown off as they should be, and neither blood nor skin can be as fine as they would if properly cleansed. For unless there is a normal flow from the pores the skin will be thick and muddy, lacking the translucency so desirable.

The use of astringents would be deplorable were it not that none can effectually close the pores, and only those per-

sons who require something to counteract an oily aspect of the skin should ever apply them. Cold is the only agent that entirely stops the excretion, though cold in the sense of illness is not meant. Any one knows that the application of cold water immediately checks perspiration; not that the flow is dried, but the breathing spaces of the skin are at once stopped.

To regulate the amount thrown off by the body is necessary, for excessive perspiration is not only unpleasant but weakening. Precisely how much one can control it depends upon the opportunities for taking care of one's self, and those who may luxuriate at their ease when the temperature is high have no trouble.

For those who must work, regardless of temperature, there are alleviating makeshifts. I know one woman who, perspiring much on her chest and shoulder blades, has hit upon a simple expedient for protecting her stays. She takes new white blotting paper, cuts it into strips about eight inches long and three or four wide. One of these she places under her stays in front and behind before clasping them. The strips are firmly held in place, and they absorb the moisture that otherwise would be taken up by the underwear. The pieces can be used only once, but they are so inexpensive they do not count.

Another woman who goes to business each day has separate under yokes, one of which she always wears. They are made from men's handkerchiefs, one side of which is slit directly in the middle to the center. A circle is cut out there for the neck, and this is hemmed around neatly, the two raw edges being finished in the same fashion.

The one to be worn is sprinkled with lavender water and

then put on smoothly. The waist goes over it, and if she perspires through the day the moisture is taken up by the yoke, thus preserving the freshness of the waist, especially when it is a colored one. The yokes are easily rinsed when taken off, and have the merit of being fresh each day when necessary, requiring no ironing if smooth when hung to dry.

A copious use of powder is desirable for the body in warm weather, but it must be removed at night by bathing, else a constant closing of the pores will injure the skin. A powder which is slightly astringent, and so recommended for excessive perspiration, is made from two drams each of oxide of zinc and boracic acid, four drams of lycopodium powder, an ounce of starch and half an ounce of powdered orris root. These must be mixed, and then sifted many times to mingle thoroughly. It is best put on with a big puff, dusting quickly.

No matter how profusely any portion of the face may perspire I think pure alcohol should be rarely used. It is cooling and refreshing, undoubtedly, but also it is extremely drying to the skin, and a fine network of wrinkles invariably follows its constant use. Toilet waters are less drying, but even with these the complexion should be watched lest it become injured. At the first indication of surface dryness, a condition easily observed, there must be an immediate application of grease, though in small quantity, to restore the natural oils that have been absorbed.

CHAPTER XIII

EYEBROWS AND LASHES

EYEBROW AND LASH TONIC

Red vaseline, five grams; boric acid, ten centigrams.

Make into a smooth paste, and massage into the brows at night, also rubbing lightly over the lashes at the roots.

TO MAKE EYEBROWS BEAUTIFUL

TO beautify the eyebrows, brush them often, drawing the brush always in the direction in which the hair grows. This means a straight line just beyond the center of the eye, and then a downward droop, like a bird's wing. The perfectly shaped brow is indeed quite like a swallow's wing, the line long and sweeping, the hair short and thick without being coarse.

Every night the eyebrows should be massaged, never drawing the fingers in a direction opposite to that in which the hair grows. Stroking is done with the finger tips, the motion being strong to induce quickened circulation, but not to wear off the hair. If a tonic is required, a few drops of oil of cajeput may be rubbed in during the massage.

Red vaseline is another excellent tonic, and one ounce, combined with one-half a dram of tincture of cantharides and seven drops each of oils of lavender and rosemary, is one of the best that can be used. It should be put on at

night, but a little may be rubbed over in the morning, before going out. Any great quantity at that time, however, will give a greasy and unpleasant appearance.

When one remembers that the effect of excessive use of water on hair is drying, it will be readily understood that the brows are constantly being exhausted of their natural nourishing oils, and it is for this reason emollients must be applied. A mixture of ten grams of red vaseline to ten centigrams of boric acid is a simple tonic that can be put on at any time.

Scrawny brows are frequently improved by applying the smallest quantity of grease, thereby imparting a luster. At the same time their growth is slightly promoted.

An old authority recommends dipping a fine camel's-hair brush into sweet almond oil that has been slightly warmed, and wiping this over the brows in the morning. The object in heating the oil is to make it more like liquid. Should there be any trace of oil afterward the brow must be wiped with a piece of soft cloth.

The brush required to bring about best results is shaped not unlike that for the teeth, but the bristles must be fine and soft, like those used for a baby's head. Indeed, a brush that baby has outgrown is admirably suited for the brows.

ABOUT MAKING EYEBROWS AND LASHES SHAPELY

WOMEN, as a rule, do not realize until it is too late that eyebrows are a most important part of the face, and so they neglect them often until the hair becomes coarse, or, if the brows are thin, they do not strengthen or try to develop the roots. Thus, when any

attempt is made to beautify the hair lines above the eyes the task is difficult.

In a rejuvenative treatment it is important to brush the brows morning and night.

Training, however, includes more than brushing, and incidentally all this treatment should be given to the lashes.

The exception to the above statement is clipping to make the lashes grow. This process must be carefully done or the hair will become stubby and coarse. If the cutting is done by a second person it may be beneficial.

Clipping is not to be done oftener than once a month, and not always then. After washing and gently drying the eyes, the person being treated should seat herself where a clear light will fall on the lids. The "operator" is then to examine each hair minutely, and if any one appears bent, split, or out of condition, it is to be lightly clipped at the tip. Direct cutting in a straight or curved line is reprehensible, and the result will almost surely be a coarse and stubby growth.

Before clipping it is necessary to have the lids in a healthy condition, treating any redness or swelling which will injure the fringe growth. Weak sight sometimes is the cause, but equally it may be due to the blood, and must be treated accordingly. If the lids are scaly in the morning they may be touched at night with a preparation of one part each of red oxide of mercury and pure glycerine, with three parts of lard washed free of salt. These ingredients are thoroughly blended and then rubbed on the edges of the lids, taking care that none gets into the eyes. In the morning the lids must be gently washed with warm water, and several times during the day a similar bathing must be given.

When the redness is gone from the lids it remains to work on the lashes. Oil of cajuput is beneficial, and best put on with a tiny camel's-hair brush.

It is to be remembered that the roots and not the tips of the lashes are to be anointed. Meantime the lids must be watched for a recurrence of the redness, for should it appear the cajuput must be stopped and the mercury and glycerine ointment substituted until the irritation is controlled. Otherwise the roots will be affected and the lashes will fall.

Under no conditions are the brows to be clipped, unless one wants them to look scrubby. Incidentally, the difficulty of improving too heavy or stiff brows is great, but it can be done. To accomplish this, every night they should be anointed with bandoline or sticky pomade, to hold the hairs in place.

A bandoline for this purpose may be made from two ounces of clean, powdered gum arabic dissolved in a gill of warm rosewater. A drop of analine dye will tint it, and in cases of extreme stiffness of the hairs this may be kept on them during the day as well as at night, until the hairs have been trained in the way they should lie. If such heroic measures are unnecessary the application is made only at night, great care being taken that no hairs get criss-cross. The finger tips will do this work better than a brush.

When the brows meet over the nose the only way of improvement is through electrolysis. Application of the needle should be made to remove all hairs over the nose, and intelligence is necessary that too many shall not be exterminated. To clip or pull out the offending hairs only makes them worse ultimately.

No person will expect that visible results from this treat-

ment will be accomplished in a few weeks. Two or three months at least will elapse before the slightest improvement will be seen, and the longer the time, with regular applications, the greater will be the benefits.

The inclination of women to darken their blonde brows and lashes is one that must be controlled, for if the hair is to benefit by the treatment the roots must not be damaged with dyes or chemicals. Surface colorings that do not sink into the pores do not injure, but the chances are they will not improve. Nevertheless, if there is satisfaction in experimenting, it may be done. Burnt cork, obtained by literally charring a piece of cork, is a harmless black.

It will hold better if the hair is first slightly touched with glycerine. It comes off easily.

India ink, dissolved in water, is another harmless application, but it must not be allowed to touch the skin. A fine camel's-hair brush is best for putting it on.

Either of these can be used during the day, washing off at night before applying cajuput.

EXPRESSION OF FACE IS DETERMINED BY EYEBROWS

WORK on the eyebrows may change the entire expression of the face, for the way in which the hairs above the brows points affects the entire countenance, a statement which if doubted by any person may be proved on the instant. For if a woman stands before a mirror and "ruffles" her eyebrows, she will see at once that however smiling she is the aspect is one of bewilderment and confusion, while if the brows are smoothly brushed, swept down in a broad line instead of a narrow one, the



Photo by Joel Feder, New York.

TINTING PALE EYEBROWS AND LASHES.

person is apt to have a solemn look; but if the brows are brushed across straight, and the outer end swept along toward the ears in a narrowing point, the appearance will be trig and well kept.

Under no circumstances, therefore, should scrupulous daily care of the brows be omitted, and a brush for their use should be regarded as part of the toilet equipment. The bristles of such a brush must be soft.

If the hairs in the brows are in good condition a nightly application of vaseline will be enough to keep them glossy. Red vaseline is the best for this purpose.

For thin and scraggy eyebrows a more pronounced tonic is required, and in nine cases out of ten regular applications, with gentle rubbing by the finger tips, will greatly benefit the appearance. An excellent eyebrow and lash tonic is made from five grams of tincture of rosemary, one gram of tincture of cantharides, and fifty grams each of spirits of camphor and cologne. This is wiped over the brows every other night, applying a few drops of oil of cajeput on alternating nights, and stroking carefully as the hairs should grow. Oil of cajeput is a particularly good tonic, and may be employed alone.

CHAPTER XIV

EYES

TO TAKE PAIN FROM STRAINED EYES

A SOOTHING tonic for the eyes is necessary on every dressing table, for as soon as these organs of sight become tired they are apt to smart and have a heavy, droopy feeling. A tonic made from five grains each of powdered alum and sulphate of zinc, with a gill of boiled and cooled water, is excellent for this feeling. The liquid is shaken until the powders are dissolved, then filtered through coarse brown paper. One cannot be too careful to have all preparations for the eyes free from any particles, however minute, or they will cause irritation.

The eyes may be wet with this or the liquid may be poured into an eye cup and the lids open and shut in the bath. In the latter case there should be an empty bottle in which to keep the tonic which has been used once or more, adding fresh to it when needed.

When the eyes water easily and the lids are red, a prescription recommended is one compounded from half a gram of borax, five grams of quince seed mucilage, two and one-half grams of cherry laurel water and fifty grams of boiled and filtered water. This must be mixed and filtered through paper. When using, three times the quantity of water is added and a few drops are put into the eyes.

That unpleasant condition of crusts on the lids, after sleeping, is caused sometimes by a general physical condition,



Photo by Joel Feder, New York.

MASSAGING TO REDUCE SWOLLEN EYELIDS.

and occasionally by a defect in the sight, with which the lids sympathize. For this trouble a preparation of white of egg, in which a bit of alum is rubbed until the egg curds, is considered soothing. The eyes, or rather the lids, are coated with the curd at night, a bandage being tied on afterward.

Styes almost invariably indicate a weakened condition of the system, but external applications relieve and better the lids. A pomade for the purpose is made from four grams white vaseline and five centigrams each of white precipitate and oil of birch. This is applied at night. A drop of belladonna on a lump of sugar is an old-fashioned remedy that is taken when symptoms of a styne are first manifested. At the same time the lids are to be bathed in warm elder flower water.

Nothing will better draw out inflammation caused by tears than to soak the eyes in hot water. To do this the cloth should be wet and laid over the lids, renewing as soon as the heat subsides. Ten minutes of this makes the whole face red, and as the blood recedes the lids bleach with the rest of the skin.

PREPARATIONS THAT MAY PREVENT INFLAMMATION OF THE EYES

THE preparation of soothing and healing lotions for the eyes should be known to every housekeeper, for the reason that acute pain often arises from trifling accidents, and to prevent inflammation until professional treatment is secured, timely application is necessary. If there is tendency to weakness of sight, or to swollen eyelids, the latter sometimes due to a low condition of the system, applications may be beneficial.

Of simple home remedies hot water is one of the best applications that can be used when the eyes are inflamed, whether from crying or from irritation made by a foreign particle lodged on the eyeball or lid. The water should be as hot as can be endured, and two soft cloths are necessary for the treatment, as one must be wrung out and put over the eyes, while the patient lies down, and as the compress cools the other is immediately laid on. Twenty minutes of this will usually reduce the redness from a prolonged fit of crying.

Camphor water eye wash, of which one hears so much, is easily prepared by putting a grain of borax to an ounce of camphor water. It is safest to filter this or any other mixture containing a powder through brown paper, that no smallest particle shall remain. The lotion may be dropped into the eyes several times a day and at night. In extreme cases of irritability a tiny piece of linen is soaked with the solution and laid directly over the lids, renewing as it dries. If this treatment is continued through the night, as may be done with little trouble, the eyes will be improved in the morning.

Tea makes a better eye tonic than many persons know, for the tannic acid which is extracted from the leaves is an excellent astringent. For this use a strong decoction is brewed with boiling water, and the infusion stands until the liquid is cold. It is then strained and the eyes are freely bathed.

For acute inflammation that often appears when a foreign particle is not quickly removed from the eye an alum mixture is strongly recommended. A grain of the powder is put into an ounce of water and after the former has dissolved the lotion must be filtered through brown paper. A few drops are put into the eye immediately and at night. Equally

soothing is sulphate of zinc and rosewater, a grain of the former to an ounce of the latter. This, too, is dropped in night and morning.

When the lids are inflamed and swollen a cream to be applied at night is made from a grain of yellow oxide of mercury and half an ounce of rose salve, both of which may be bought at any druggist's. The eyes must be thoroughly bathed first in hot water, drying well before putting on the salve. Care should be taken that this emollient does not get into the eyes.

TO MAKE EYES BRIGHT

THE majority of women would possess bright eyes if the sight were not impaired or if indigestion or kindred troubles did not make the eyeballs dull. Lack of sleep will, of course, detract from brightness. But if one is not getting enough sleep the cure is obvious. And if insomnia is the cause of wakefulness much may be done toward improving such a condition if one will give time during the day to resting the eyes by keeping the lids closed and protecting the pupils from the light.

Before lying down a few drops of a simple tonic composed of ten grains each of powdered alum and sulphate of zinc and a half pint of distilled water, should be dropped into the eyes. Boiled and filtered water may be substituted for distilled. This, like any liquids put into the eyes, must first be passed through brown paper as a strainer, for a minute particle will be irritating to the eyeball. A cloth may be wet with the lotion and laid over the lids while resting.

When the lids granulate or are inflated an ointment recommended by some physicians is made from one and one-half

drams of petroleum, one dram of white wax, eleven and one-half grains of oxide of zinc, a grain of yellow oxide of mercury and five drops of oil of lavender. The wax and petroleum are put into a china cup and set into a basin of hot water. The oxide of mercury and of zinc are also put into another cup and are mingled by stirring with bone or ivory. Metal must not touch them.

The first two ingredients are poured over the second, stirring all the time, and the oil of lavender goes in just before the cream cools. Before this is rubbed over the lids, which should be at night, they must be carefully washed and freed from impurities.

Careful attention to a suitable arrangement of light when working or using the eyes has much to do with their brightness. If they are strained the lids will be red and the organ may water easily. It is worth while to have the light fall over the left shoulder when sewing, reading or writing. If one cannot take such an attitude the eyes must be protected by other methods. Shutting them, if only for five minutes at a time, through the day, is certainly a simple and an excellent tonic.

Indigestion suggests its own cure for increasing the beauty of the eyes. Pronounced dulness is almost always the result of stomach trouble or of kidney complications. This, however, is a matter which only a physician can decide.

CHAPTER XV

EARS

CARE OF EARS IN WINTER

MORE than one earache is caused by temporary neglect, and many pains in these organs might be prevented if some simple treatment, such as the veriest layman may practice, were carefully followed.

One of the first principles of these home remedies for the ears is to keep these organs free from wax. And in cold weather particular attention should be paid to this natural secretion, for it hardens more quickly in the winter.

This hardening leads to the discomfort of temporary deafness and may even make pain. So frequent clearing of the orifice must be given. This treatment must be carefully administered, so the delicate structure will not be injured. A safe way of removing the wax is with a wire hairpin. This must be covered with a thin piece of muslin, well soaped and wet, and then put into the ear. The wire loop is turned to and fro, but never thrust in so hard as to make any sensation of surface pain. Wax which cannot be removed in this way must be looked after by an ear specialist.

Some ear specialists, when called for earache, promptly prescribe a cathartic of drastic character, and also anything that will help to remove blood from the head. The less pressure there is on this organ the less will the pain be, so that hot foot baths are highly commended. It is understood, of course, that a patient whose ear is in bad condition takes

every possible precaution against adding to cold, and therefore bed is the place for him.

One cannot be too careful, however, when there is the slightest pain in the ear. Aurists declare that an extraordinary number of cases of deafness are due to neglected ear-aches, and that the so-called "trifling" attacks that children go through should not be regarded as unimportant. Mastoiditis, which is an illness most to be dreaded, is simply an advanced case of earache and may be fatal.

TO CURE EARACHES

TREATMENT of the ears has changed so radically in recent years that when professional care can be secured home remedies should not be resorted to. But when one is in the country, and pain in the ear is excruciating, soothing applications should be used. Yet, while these undoubtedly have their value, something of the latter theories should be understood, so these healing agents will not be abused.

According to latter day methods, the practice of putting cotton or any other substance into the ear is deprecated, not only as making a gathering place for germs, and therefore increasing the trouble, but also because if the orifice is closed in that manner poisonous fumes which may exist cannot escape. The idea also exists, and rightly, that cotton makes the ear sensitive by creating extra warmth.

Should it be necessary, as in case of discharge of pus from the ear, to have cotton to absorb the exudation a piece should be placed, not in the orifice, but in the hollow below. This will catch any excretion and at the same time leave the hole open.

When the ear aches, as from a cold, a soothing application is a mixture of equal parts of olive oil and tincture of laudanum. It is slightly heated and a tiny bit of absorbent cotton is wet with it. This piece is then put into the ear as far as it will go without causing pain. Another application that our grandmothers used is two grains of sulphate of atropine and a quarter of an ounce of pure water. With this the inner part of the ear is painted every three or four hours.

One of the oldest remedies that may yet be used under certain conditions is the hot heart of a raw onion. The vegetable must be made hot in order to extract the oil it contains, but incidentally it must cool before going into the ear or it will cause acute pain. The inner part of the organ of hearing is extremely sensitive, either to heat or cold, a fact always to be remembered when applications of any kind are used.

Where in former days in case of earache hot water bags and other heating applications were used, ice bags are now put on by advice of specialists. The present theory is to scatter the trouble by cold instead of causing it to come to a head by means of heat. But when an ice bag is used without the advice of a specialist the sufferer must be most carefully protected from all cold, and indeed, to be safe from draughts and changing temperature, must be put to bed.

The dropping of any liquid into the ear is no longer believed in, save under exceptional circumstances. Under this head may come the situation of being away from professional care in the summer, when home remedies must be resorted to or the trouble allowed to continue. In simple cases of wax hardening in the ears it then becomes possible to syringe the orifice twice a day with very soapy warm

water, in which there is a teaspoonful of glycerine to half a pint of the liquid. This softens the accumulation so that it may be removed by wrapping a piece of soft muslin over the end of a hairpin and inserting it into the ear. Never should anything be thrust so far into the ear of an old person or a child as to cause pain.

CORRECTION FOR PROJECTING EARS

SUCH a deformity—for ears that stick far out from the head can scarcely be termed otherwise—is one for which there is no remedy after years of maturity are reached. For when one advances beyond the period of early youth the cartilage becomes hard and unyielding, and only a surgical operation has any effect. Such treatment is expensive, and so few persons can avail themselves of its benefits.

It is barely possible that months of bandaging might accomplish a reduction in the distance from the head, but of this I am rather doubtful. If it were possible to soak the ears so thoroughly in oil as to soften the hard substance and at the same time hold them close to the head, the protruding might become less. Theoretically this is undoubtedly so; practically, I doubt if the longest course of this treatment would be effective. It is the surgeon's knife or the continuance of projecting ears.

The most annoying part of homely ears is that proper care in youth would have kept them inconspicuous if it did not make them pretty, and even a natural tendency to projection, if taken in time, could have been checked.

A mother cannot too soon begin to give this feature of her baby the closest attention. If the child is laid down with the

ear turned back some slight injury is likely to be done. Baby should never be put on a pillow until the parent or nurse makes sure that the ear is flat and in its proper place. Any tendency a child may have to pull its ears by taking the lobe and drawing it down should be checked immediately.

To change the shape of a child's ears is practically impossible, but, as I have said, their direction can be altered. If a babe is born with the kind that will stick out prominently there are aids to bring them into place. Among these there is now a most practical cap arrangement, made of tapes. This is tied on and the tapes are so placed as to come directly over the ears like a lattice or cage. Then the strings are adjusted to make sufficient pressure to affect the cartilage. This cap can be used day or night, sleeping or waking, and is perfectly comfortable. An outside cap may be worn over it.

The theory of its construction is so simple that any woman could make one, the only fault to avoid being that the tapes should not be drawn so tight as to hurt, while they must be sufficiently firm to change the shape. How long the cap must be worn depends entirely on individual cases. Some baby's ears would become a pretty shape in a few weeks. Even when apparently "cured," and the cap removed, vigilance must not cease, for the trouble can be brought on again at any time while growth of the body is in progress. At the slightest indication of this the cap should be resorted to.

This head arrangement may be used at night by girls and boys of any age, up to seventeen or eighteen years. With them, because the cartilage is less soft, the tapes should be thoroughly rubbed with vaseline to aid in softening.

CHAPTER XVI

NOSES

TO CURE CHRONIC REDNESS OF NOSE

WHEN redness has become chronic a strong lotion may be essential, and if so, apply one made from four grams each of precipitate of sulphur, pure glycerine, precipitated chalk, cherry laurel water and rectified alcohol.

This is suited to the cheeks when defective circulation causes the blood to settle permanently in the region of the nose.

Indigestion, as a rule, is one of the causes of the trouble. In such a case bicarbonate of soda taken after meals becomes valuable, the dose being half a teaspoonful to half a glass of water. This corrects acidity.

Stimulants of all kinds must be avoided, for they hasten heart action and are likely to make the face flush.

Tonics to be taken internally should be prescribed by a physician. Logically iron is one, and phosphates also. But the kind and quantity must be regulated by a professional.

In using any of the lotions suggested, their action upon the skin must be carefully noted. Should they cause the slightest tendency to peeling, it may be necessary to omit them for a few days, but a slight application of cold cream, rubbing it off gently at once, if desired, will usually offset such an effect.

SIMPLE REMEDIES FOR RED NOSES

A RED nose is a most unpleasant affliction, usually caused by defective digestion or an impoverished condition of the system, as well as sluggish circulation.

But indigestion, because it materially affects the circulation, may alone be the root of the trouble. And to cure it many persons diet.

But such treatment is a mistake, for instead of starving, those so afflicted should eat all the nourishing food they can take.

Such foods must, however, be plain. Some persons will find that the best method of taking nourishment is to eat a little every two hours. It is not difficult to decide about this, for when nourishment is required every few hours, it is likely to make itself known by the face becoming red when the stomach is empty. The instant this condition occurs some substance, even hot water, must be taken. If hot milk is drunk it will be beneficial.

Beef, mutton, plenty of fresh green vegetables and a small supply of sugar such as is contained in simple desserts, should compose the diet.

Exercise out of doors, is to be regarded as part of the cure. Walking rapidly is one of the best ways of getting exercise, but if the pace is slow no benefit will be derived.

Should office work prevent a girl from being out of doors through the day, she may get some good from calisthenic exercise in her room, morning and night. When doing these movements the window must be open to let in plenty of

fresh air. Then, first filling the lungs by inhaling through the nostrils, put both hands on the shoulders, clench the fists tight and throw them hard, first out in front and then at the sides, at arm's length. The chest must be held out and respiration must be deep while exercising in this way.

Variation is given to the work by making the arms rigid except where they bend at the elbows, then, with fists again clenched, let the lower arm be raised as though dragging up a weight. The work may begin by taking five deep breaths, always inhaling through the nostrils. If this method of development is gone through with twice a day, the number of times morning and night may be increased as the lungs and body grow stronger.

There are external applications to be applied locally when the nose is red, but I believe more in the efficacy of proper diet and exercise.

Tea and coffee, both because they are hot and stimulating, should not be drunk, and of course alcoholics, including beer, must be excluded. The face must be washed in tepid water, for that which is either hot or cold has a bad effect.

It will take weeks to get rid of color in the nose, but if the regimen laid down is followed some benefit will be derived.

CHAPTER XVII

TEETH

TOOTH POWDER

Precipitated chalk, seven drams; powdered camphor, one-half dram; powdered orris root, one dram.

Mix by sifting several times through coarse muslin.

BLEACHING TOOTH POWDERS

IT is possible to use tooth powder that is too active to benefit the teeth, because of the strong bleaching ingredient contained. Consequently, it is better to select a mild lotion that does less whitening yet is not injurious.

One of the simplest and best powders has precipitated chalk as a basis. Indeed, this chalk is the foundation of almost all such cleansers, and may be used full strength at night and left on. In powder combination three and a half drams are put with a quarter of a dram of powdered camphor and half a dram of powdered orris root. Sifting many times is required to mix this combination. This is not saponaceous, but it can be made so by the addition of half a dram of powdered castile soap.

Bicarbonate of soda is invaluable as a tooth cleanser. It counteracts the acidity which is so deleterious to enamel, and it may be used every night, applying with a brush, as one would a powder. Once a day is sufficient to use this rinse, although it should be applied after eating acids or sweets. Than this there is no better, simpler way of preserving the teeth.

When the gums are tender, and bleed after brushing, a powder made from half an ounce of precipitated chalk, a quarter of an ounce of borax, an eighth of an ounce of powdered myrrh and orris root is excellent.

A strong bleaching powder, and one that should not be used oftner than once in two weeks, is made from half an ounce of pumice stone in impalpable powder, a quarter of an ounce each of bicarbonate of soda and powdered talc and three drops of oil of lavender. The powder is worked into the oil, sifting many times, and forcing through the lumps.

If the pumice stone is omitted the mixture can be used daily, and is particularly good when there is an excess of acid in the system.

Another bleach is a paste formed by mixing a teaspoonful each of powdered castile soap and sepia in powder, with enough strained pure honey to make a cream, putting in three drops of oil of tea berry at the last.

Once in two weeks is sufficiently often to use this mixture.

Another preparation valuable for weak gums is made from a dram of powdered gum mastic, one and one-half drams of powdered gum arabic, a quarter of a dram of balsam of Peru, and two and one-half ounces of orange-flower water. After mixing, one and one-half drams of tincture of myrrh are gradually added, shaking constantly.

A condition of the mouth to be dreaded is the tendency of the gums to recede, leaving the upper part of the teeth exposed. This is by no means uncommon as age progresses, and not infrequently makes a mouth that was once pretty appear homely. For such a condition a dentifrice adapted to strengthen is composed of four drops each

of oils of mint and aniseseed and three drops of oil of neroli. It requires straining after mixing. This lotion may be rubbed over the gums several times a day. A few drops of it put on a brush will cleanse the teeth.

Occasionally cleansing the teeth with salt is highly commended by some authorities. It is a common practice among the Irish, as tending both to whiten and strengthen. Salt certainly removes fruit stains, but whenever it is used the mouth must be well rinsed afterward. Cleansing once a week with it is sufficient.

TEETH "DON'TS" TO BE REMEMBERED

ONE of the best ways of insuring the possession of good teeth is to take care of them. This care means more than brushing and cleansing, although the importance of these is not to be underestimated, for without either the best of attention would be valueless.

Of the harm women unconsciously do their teeth I want to give a few examples. For instance, how many bite thread instead of breaking or cutting it? And though practically every person knows this is injurious, and that by biting fibrous substances the enamel of the teeth may be cracked and ruined, the practice is continued.

By this statement I do not mean to imply that every time a woman makes her jaws serve as a pair of scissors she will crack her teeth, but there is no question of the risk of damage she runs.

Cracking the enamel is not merely to make a surface break. To fully understand this condition it is necessary to know something of tooth structure, and when one realizes

that each tooth is a mass of sensitive soft pulp, as it were, having a living nerve, and covered by a very hard and thin coat called enamel, far more brittle than most ordinary substances, the dangers of cracking this exterior may assume their natural proportions.

Unfortunately, dental enamel may become cracked without a person being aware of it, and this then means that the tooth itself may be hurt before its condition is known, for saliva, with its acids, gets through the tiny fissure, is absorbed by the spongy structure, and precisely what the final result may be depends upon the original strength and health of the tooth. In any event, a dentist's bill is inevitable.

What is true of biting thread is also true of biting any hard article, with the added danger of chipping as well as cracking the teeth. To try to break a nut between the teeth is always to invite injury. Human teeth are comparatively square, having a flat surface, while those of animals that crack nuts and bones are pointed something like a wedge. Once this difference is realized there should be no difficulty in understanding why human beings should not use their teeth in this way. Those in the front of the human mouth are excessively frail, and should be carefully treated to prevent chipping, etc.

The habit of eating ice is bad, not only because the frozen liquid is hard, but because of its temperature, for extreme cold may crack enamel by causing the tooth to expand, thus splitting the outer shell. Extreme heat may have the same effect by expanding the outer coat, but this is not so likely to happen, because such a degree of warmth burns the mouth, causing discomfort that brings its own relief. To

eat ice cream or a dish that is excessively cold, after eating hot foods, is not uncommon, and the danger of injuring the enamel through a rapid change from one temperature to another is great.

To put a small piece of ice into the mouth, allowing it to melt, cannot, ordinarily speaking, do any harm.

Hard crackers, crisp candies, and the like, should always be broken into small bits before putting into the mouth. Any further crushing required is then done easily by the strong back teeth.

One of the most common forms of abuse is in allowing deleterious pieces and acids to remain about the teeth. To remove the injurious matter is so simple that rarely is there excuse for not doing it. Fruits, so excellent for the system, are frequently bad for the teeth because of acids that remain in the mouth. Candy, by its excess of sweet, causes an acid.

Always, after eating, the mouth should be rinsed with lime or soda water. I prefer the latter, because it more effectually counteracts acidity. To make this rinse it is only necessary to keep a small jar of dry bicarbonate of soda on the washstand, and use a teaspoonful of this in an ordinary glassful of water.

Naturally, to use this mouth wash immediately after eating is not always possible, but rarely is one so placed as not to be able to have it within several hours after dining. Always before going to bed the mouth should be rinsed with this solution, which prevents the formation of acids that destroy the enamel.

To tell how frequently decay of the teeth is caused by insufficient brushing would be impossible. By this I do

not mean that brushing is not frequent, but that it is not thorough, for unless all particles between the teeth are removed they decompose, and act at once to injure the enamel. Rinsing with soda water does much to prevent this condition, but what is required is a soft and pliable string that if rubbed between the cracks in the teeth removes any obstruction.

Obviously, a toothpick will not do this; it will take out the particles, but wood is unsuited to such work, and its use is one of the not uncommon abuses. If a woman wishes to know how a toothpick affects her teeth, let her try cleaning any mounted gems with one. She will find that poking and shoving, which is precisely what one does with a toothpick, will eventually loosen the stone in the prongs. In the same manner a filling in the tooth will be affected, causing it to leak, thus enlarging the cavity. If there is no filling, a pick will, after a time, get the tooth into condition for it.

The ideal way for cleansing between the teeth is by the use of dental floss, a coarse, soft silk, prepared expressly for this purpose. It is applied by drawing a short piece to and fro in the spaces between the teeth, thus drawing down any obstruction. A substitute for the floss is any soft, white embroidery silk, waxed.

The teeth should never be considered cleansed until this process has been gone through.

TO PREVENT FRUIT STAINS INJURING TEETH

ALWAYS after eating any fruit that makes a perceptible stain the teeth should be rubbed or brushed with salt, then a mouth wash should be used. If one is so unfortunate as to be without a tooth brush at night or

in the morning, a predicament in which every one finds herself at some time or another, rinsing with soda water may be substituted, and will improve the condition of the mouth. Borax water is better than nothing in such a situation, and there are few households that do not afford one or the other, however unexpected the demand.

For constant use a dainty wash is made from a weak preparation of cologne water. A tablespoonful to half a mouth must be rinsed afterward to prevent damage to the pint of water may be bottled. This is pleasant to use, for the after effects are delightful.

A third wash is made from two ounces of tincture of kino and a dram of borax. This has particularly happy results when there is any soreness of the mouth. Any one of these should be used whenever fruit has been eaten, and without fail, night and morning. Observation of this at the latter time would stave off many a dentist's bill.

Many persons seem not to realize that merely brushing the teeth does not cleanse them, for the best brush ever made, and they differ greatly in kind, cannot remove particles, either hard or soft, from the crevices of the teeth; and the fact that such little holes remain filled is the cause of cavities in such places.

TREATMENT FOR RECEDING GUMS

WHEN there is the slightest tendency to receding gums precipitated chalk should be applied. After brushing the teeth and rinsing them, some of the chalk should be placed on the finger and rubbed on dry at the tops of the teeth. It will stick, forming a protection to the

enamel that will prevent any injurious action of the saliva through the night.

Tooth brushes used when gums are weak should be selected with the utmost care. The bristles must not be strong enough to cause the slightest irritation of the gums. Should this condition occur they may recede even more. At the same time the brush must be stout enough to polish, and to remove particles. The best way is to find a make and quality that suits, and then always buy the same kind.

No brush should be used longer than a month, and it is well to employ two at the same time, using them alternately. This insures their being dry, and is no more expensive, because they will last double the length of time.

In using a brush it is not enough to rub across the teeth. This merely polishes the surface. The bristles must be rubbed up and down, down on the upper jaw to bring particles from the cracks, and up from the lower jaw, which will lift them out. Powders used should be of the simplest.

TO PREVENT ACCUMULATION OF TARTAR ON TEETH

THOROUGHLY cleansing the teeth once a month will do much to prevent the accumulation of tartar and keep them white and sound. For this purpose powdered pumice should be placed on every washstand, with the definite knowledge of the harm it can do if used too often, for applied frequently it will wear away the enamel. There is absolutely no danger of this, however, if it is not put on oftener than once a month.

To give this treatment properly a wooden stick like those used on the nails is necessary, and five cents' worth of pumice, powdered, is, of course, an essential. A bit of absorb-

ent cotton improves the application, and a few drops of lemon juice are better than water.

That the work may be done to best advantage a person should stand before a mirror. The cotton, a mere wisp, must be twisted about the end of the stick, which is then dipped into the lemon juice. From that it is stuck into the pumice, and rubbed directly upon the teeth. Nothing could be simpler than this, yet rubbing does not always accomplish what it should, for the reason that it is not done correctly.

It is useless to rub the centers of the teeth, for almost without exception they are white. It is on the edges, the sides and tops, at the gums and next to the other teeth, that tartar and discolorations accumulate, and so it is these places that must be whitened. The stick, constantly put into lemon juice and pumice, should be confined to those regions as near the gums as can be without loosening the flesh. It must be understood that if this cleansing is done carelessly the gums will be loosened from their places and a diseased condition result.

When all the teeth have been rubbed in this way a careful rinsing must be given the mouth, as the teeth should not be brushed immediately. Rather should a weak solution of lime water be used, for lime counteracts the effect of acid.

When all the grains are removed a soft brush may be applied, taking care that all cracks between the teeth are cleansed.

Nothing will do more to prevent the accumulation of tar-tar than the continual use of lime or soda water. The latter may be mixed as required, a teaspoonful of the bicarbonate to half a glass of water. After brushing the teeth at night

the mouth must be rinsed with either of the preparations counteracting the effect of acid juices upon the enamel. It may be used also in the morning.

MOUTH WASHES THAT PURIFY THE BREATH

THERE are so many different causes of offensive breath that the remedies are well nigh endless. If the breath is bad because of disturbance that is local—that is, coming from the mouth, either through the secretions or from the teeth—a simple home doctoring will be helpful; but if, after a few days, there is no improvement, the family doctor should be asked to prescribe.

Indigestion sometimes has this most unfortunate way of declaring itself, and in that case bicarbonate of soda may be beneficial. The dose, as prescribed by some physicians, is half a teaspoonful in half a glass of water, after meals. This corrects acidity. Charcoal tablets also may be tried. One way of making these is by mixing an ounce each of willow charcoal and saccharine, three ounces of unsweetened chocolate, and half a dram of powdered vanilla. Enough gum arabic mucilage to make a paste is combined. This mucilage is made by washing gum arabic in cold water, to cleanse, and then adding as much hot water as the gum will dissolve in. The whole, for tablets, is rolled into a smooth leaf and cut into tablets about an inch square. One or two of these is eaten after a meal.

A mouth wash easier to compound, and in many cases effectual, is made from a grain of permanganate of potash and an ounce of rosewater. This is used half a dozen times through the day, being sure that the back teeth are rinsed

each time. In giving this wash I wish to state that it will stain the teeth unless they are brushed thoroughly each time after it is used. The flavor of the rinse being by no means agreeable, it may be improved by adding a few drops of oil of peppermint.

Another for the same purpose is made from a dram of chlorate of potash and three ounces of rosewater.

Chlorinated lime, that enters into the composition of many mouth washes, is injurious, for it harms the teeth. Nevertheless, under some conditions, it is recommended, but the enamel.

These washes should be tried for only a few days. If at the end of that time they have not acted as remedies for the trouble they must be abandoned, for the cause is more deeply rooted. And let it be said in passing that it is not one which any person can afford to permit to continue if there is any cure.

CHAPTER XVIII

FEET

HOME TREATMENT FOR SOFT CORNS

OF all trivial ailments to which any part of the body is liable, none, not even toothache, is more painful than soft corns. The pain, indeed, is not unlike that of a throbbing nerve, and unless one can treat it by going to bed for a couple of days, a luxury in which few can indulge, relief is usually a long time in coming.

Soft corns begin, as a rule, between the toes, and sometimes are so small that they are not noticed for days. Yet once they start, only the most constant and unremitting care can prevent real suffering.

Prevention begins by keeping the spaces between the toes dry and by seeing to it that there is no accumulation of old skin. This will be entirely obviated by careful wiping after the daily tub. An ordinary bath towel is useless for this purpose, for it is too thick to go into the cracks, and only the thinnest quality hand towel should be used. It is a practical plan to save those which are old and therefore especially soft.

On emerging from the tub all moisture must be removed from the toes, and this can be done only with great care and by thoroughness. To make assurance doubly sure, it is wise to dust the feet with talcum powder.

If this method is followed daily soft corns will not develop.

Once they have started, a more elaborate treatment will be needed. Of course, the same method of drying will be observed, and powder must not be omitted. Then, in order that there shall not be the slightest chance of friction, which would greatly increase the pain, a slip of tissue paper must be placed between the toes afflicted. This entirely obviates any rubbing. An inexperienced person must not make the mistake of placing cotton as a buffer, under the impression that it will bring greater comfort. On the contrary, even the tiniest patch of soft stuff is heating, and will aggravate the surface. Soft paper is not heating.

Simple tincture of iodine is beneficial if applied daily to the sore. While not a cure, it helps to prevent the accumulation of hard skin.

Cutting a soft corn requires dexterity, for in formation it is not unlike a tough blister. Unfortunately, while it may be loosened around the edges, which detaches it almost entirely, it is held in the center by a growth that goes into the foot, and to get this out without causing blood to flow and making soreness is almost impossible. Before cutting the foot must be soaked to make the skin soft. Then a flat orange-wood stick, sometimes a better implement than a knife, must be used. Trimming must be done as soon as the growth begins to form again.

WAYS OF REMOVING AND CURING PAINFUL CORNS

INASMUCH as the greater part of humanity is afflicted with corns, it is well to know what may ease the pain they cause, if not what will eradicate them. Whether or not they come from ill-fitting shoes or neglect, is not

especially important, because when they exist the footgear should be changed, and any protection to the excrescence that can must be given. Nothing will so increase the size of and the pain from a corn as pressure, and this must be removed at any cost.

At the beginning of this removal treatment the toes should be thoroughly soaked in hot water so the skin will be very soft. Then, after they are dried, the callosities should be rubbed until they peel, and if any of the dead surface can be cut without making a hurt it is well to eliminate it with scissors. In this process the greatest care must be taken that the quick or sensitive flesh is not injured and made to bleed.

With the shops full of corn plasters it is no longer necessary to make protectors at home, but I find that many persons do not entirely understand the use of these buffers. They are not to be over, but around the corn. If they touch the growth itself they will but increase the pain, whereas if made to fulfil their function they become a raised ring around the sore and keep hosiery and shoes from touching it. To accomplish this it is sometimes necessary to enlarge the first hole in the plaster, a change that is merely a matter of using scissors.

By either cutting or burning the callous growth will, as a rule, disappear, but the reason that a cure is so seldom effected is because, once the pain ceases, the remedy is stopped, when it should be continued until there is no trace below the surface of any growth.

A simple method that I advocate is to cut several pieces of sticking plaster so they will have holes just the size of the corn. These are pasted on, one above the other, serving

as a protection to the soft flesh and yet leaving the corn exposed.

For further treatment make a saturated solution of caustic soda, which means that all the caustic soda that a given amount of water can dissolve should be used. This mixture is then dropped over the corn, taking care that none gets on the soft flesh. Over the hole paste another plaster. This system of cure must be repeated every day for a week or ten days, when it is probable that the corn will be gone. The only danger in this method is that of burning the soft flesh, but this will not happen if sufficient care is taken.

Sticking plaster, arranged as described, is better for this purpose than regular felt corn protectors, for the latter, being cloth, are absorbent, and the solution would be dragged over the soft skin.

A treatment on this order is to touch the spot with nitrate of silver, on a stick, after cutting. A corn plaster should then be applied, and after two or three days a black, hard skin will form. This is to be removed with a dull, antiseptically clean knife, and the surface again touched. Two weeks of this will usually make a cure, if the place has been well protected.

Few persons understand the correct method of trimming corns. It should never be forgotten that the painful part of the growth is in the center, and not at the edge, and it is the middle place that is thick. Therefore, in cutting, the incision should be shallow on the outside, deepening as it goes toward the center, making, when completed, a regular hollow in the middle. For this it is better to have a dull knife than a sharp one. Such trimming should not be done until the excrescence has been softened by soaking.

CARE TO GIVE TENDER FEET IN SUMMER

A WOMAN who has trouble with her feet in warm weather should not wear lisle-thread stockings.

Thin and cool though they seem, they act as a powerful irritant, and sometimes cause the flesh severe sensations of burning. This is due to the fact that lisle thread is twisted tight and does not give to pressure when the weight is thrown on the feet. Instead, it digs in, as it were, acting precisely as a hard piece of cloth would on any other part of the body.

Silk affects some persons in the same way. By all means the most comfortable material is cotton, which is softer in quality as it grows more expensive in price. But even a coarse quality is better than a fine lisle, a fact never to be forgotten.

As the weight of the body aggravates any smarting of the soles, whatever device can be evolved for easing them will lessen the trouble. Inner soles for shoes, forming a soft depth for the feet when walking, will sometimes make it possible to avoid the smarting sensation. Those made of felt are not appreciably warm, and a little care of the feet before putting on hosiery may prevent discomfort.

To rub soles, toes and insteps with cold cream I consider most important, the bath being given every morning. Not a deal of grease is required, only enough to prevent any friction when the flesh touches the hose. Over the emollient should be thickly dusted a powder, special attention being given to spaces between the toes. Excellent for this purpose is a powder made from thirteen grams of permanganate of potassium, forty-five grams of subnitrate of bismuth,



Photo by Joel Feder, New York.

CLEANING NAILS ON FEET.

sixty grams of talcum powder and two grams of salicylate of soda. They must be sifted many times to mix. A puff is the best agent for applying.

Soaking the feet night and morning in hot water for five minutes at least, and longer, will do much to relieve the burning pain. An ounce of alum to two gallons of water will add to the efficacy. When the condition is extremely painful a mixture that will alleviate is made from an ounce of alum and two ounces each of rock salt and borax. A tablespoonful is allowed to two gallons of water. This bath should be given without fail every morning, wiping the skin carefully afterward. A treatment then with cold cream and a thick coating of powder will make a decided difference in comfort during the day.

Putting on fresh stockings will sometimes bring relief, and a change of shoes is in itself soothing. Patent or varnished leather should never be worn in warm weather when the feet are tender.

HOME TREATMENT FOR BROKEN ARCHES IN FEET

PERSONS with broken arches in their feet usually suffer excruciating pain when standing. Incidentally, this particular form of foot trouble most frequently attacks those who are constantly on their feet, though women or men who are excessively fleshy, and whose bones are too small to support a large increase of flesh, often have broken arches.

Such persons may eventually be unable to walk, as each step is so painful.

These cases require professional orthopedic care, but some-

times home treatment may prevent the trouble from growing rapidly worse. It cannot be said too emphatically, however, that if after a few days there is not positive relief no time should be lost in having professional advice.

The trouble being caused by a "slump" of the arch, the logical course is to secure a support for it. Steel arches for the purpose are now to be found in the majority of shoe shops. These rests are slipped under the foot, and worn inside of the shoe, thus not increasing the size of the latter. Each person must decide for himself the precise angle at which the steel is to be adjusted, and this can only be ascertained by stepping on the brace. The object is to get the natural "set" of the foot and yet not raise it. Should the arch be raised, serious damage may be done the soft bones.

Rubbing the insteps and arches night and morning may serve to strengthen them, and certainly will relieve the pain, which is nerve wearing. For this purpose a soothing application is made from a gill of alcohol, one ounce each of spirits of ammonia and spirits of camphor, two and one-half ounces of sea salt, and enough boiling water to make a pint in quantity. All the ingredients must be put together in a jar before the water is poured in. This mixture must then be shaken thoroughly to dissolve, and the lotion must always be shaken before using. To apply, it is rubbed in thoroughly over the feet and ankles both morning and night. The same lotion is excellent for all tired muscles, and is sometimes efficacious if locally applied for rheumatism. For the latter it would be well to heat the liquid by pouring some into a china cup, setting the vessel containing it into a bowl of boiling water. The lotion may be bound on with flannel for the night.

SIMPLE REMEDIES FOR CHILBLAINS

SNOW water causes chilblains more quickly than severe cold. For melted snow has a peculiarly penetrating quality, and for this reason it is a wise woman who wears overshoes, even though they look disfiguring, for the protection they give is invaluable.

Itching of the foot is usually a forerunner of this difficulty, and at the first symptom there should be a thorough application of spirits of rosemary with spirits of turpentine, in the proportion of one-eighth of the entire solution. The object of this is to restore circulation. After rubbing thoroughly with this application, absorbent cotton wet with spirits of camphor may be bound on the feet and left all night. In the morning there may be another rubbing with the rosemary lotion, but the skin must be entirely dry before the stockings are drawn on. One cannot be too careful to omit no particular that might promote warmth, for without it the agony of chilblains begins.

One so affected should wear cashmere hosiery out of doors. If woollens are uncomfortable when in warm rooms they may be changed to cotton, but the benefit wool gives should more than offset the trouble of extra work.

When the difficulty has fully declared itself more drastic agents must be employed. Applications that are soothing are highly commended when the intolerable itching and burning begin, and for this a pomade made from five grains of burnt alum, two grams each of iodide of potassium and laudanum, five grams of rose pomade and three grams of fresh lard, is excellent. The alum and potassium are mingled, and the fats are melted in a cup set into hot water.

The two mixtures are then combined, removing from the heat and beating until they are creamy. This should be constantly kept on the sore places, covering them with thin pieces of old linen. The laudanum makes this wash particularly valuable.

A simpler lotion is composed only of resin ointment, in the proportion of three ounces to one ounce of powdered galls. The two are beaten together until thoroughly blended. This, like the other, is kept constantly on irritated spots.

Neither of these should be used when the chilblains have cracked, a condition even more painful than the first state. In the latter case, a lotion that frequently alleviates is made from an ounce of glycerine and twenty grains each of tinctures of iodine and opium. To use this to best advantage it should be poured on linens that are bound over the sores.

No remedies ever invented will be any good unless the feet are kept constantly dry and warm.

TO SECURE RELIEF FROM CHILBLAINS

TWO conditions absolutely necessary for comfort to persons afflicted with chilblains are an even temperature and dryness. The former is not always possible, but the latter is, and, once gained, local applications are greatly aided in their effect.

It is equally important, when the affliction is on the feet, that shoes shall be sufficiently large not to interfere with the circulation. If the latter is impeded the blood settles in the sore places, and inflammation ensues, which greatly increases the pain. As too great warmth will have the same effect, I am strongly in favor of giving up button boots,

that are warmer than need be for the house, and substituting low shoes and gaiters. "Spats" may be removed if one is to stay indoors and the temperature of the feet is not raised. For any change that tends to allay inflammation and keep the surface cool, but not cold, is beneficial.

Many persons recommend painting chilblains with iodine, but I do not like it, for by making the surface peel it keeps the sores in a sensitive condition. As dryness is a *sine qui non* to improvement, and astringents aid this, turpentine is strongly advised, the liquid being applied several times a day and allowed to dry on. An old-fashioned remedy is to plunge the feet into a very strong pickle of salt and hot water and keep them there for fifteen or twenty minutes, having the temperature of the water always as hot as can be endured.

Many old country persons consider this a sovereign remedy, and perhaps it is. I have not tried it.

I do know, however, that there is balm in a mixture of two tablespoonfuls of glycerine, a teaspoonful of laudanum and a teaspoonful of iodine. This may be rubbed over the painful parts several times a day, and a thin muslin wet with it bound on before putting on the stocking. The laudanum soothes severe pain.

When there is merely a tendency to such trouble, but the extreme condition is not developed, the sore places should be covered with soothing grease, with either tissue paper or thin muslin used to keep the oiliness from the stockings. This will prevent friction, and unless the feet become wet will usually be sufficient to keep the trouble from growing worse. Friction is dangerous, for it immediately causes inflammation.

In taking a hot tub, a foot on which there are chilblains should never be allowed in the water, for blood will be drawn to the surface and inflammation at once developed. The foot may be rested on a faucet and washed with a wet cloth wrung out in warm but not hot water. That foot is the first placed on the floor when leaving the tub. This act seems trivial, but its results are important.

Rubbers must be worn when the streets are damp. Cold moisture in the shoes will develop chilblains if there is the slightest tendency toward them.

TO MAKE UNSHAPELY ANKLES PRETTY

EXERCISES and massage will sometimes bring shapeliness to ankles that are naturally homely. But in trying this beautifying method, it must be distinctly understood that if the trouble is awkwardness as the result of large bones, no improvement can be made, for it is only when there is too little, or too much flesh that the shape of the ankles can be bettered.

When reduction is to be obtained, ten minutes' work twice a day is necessary. For this, shoes and stockings should be removed and the knees crossed, so one foot is raised from the floor, thereby taking any support from it. This foot must be thrust out and moved from the ankle with a twisting motion, then bent up and down, so all the work is done from the ankle bone. When one foot grows tired the exercise should be repeated with the other until the first is rested, when it should again be moved. A slight variety is given to these exercises by turning the feet from side to side while standing on them—without shoes, of course.

At the finish the pedal extremities should be plunged into a hot but not uncomfortable bath, in which the water will come above the ankles. In this tub they must stay for ten minutes. At this point the treatment differs widely, according as the ankles are to be reduced or flesh put on. I omitted to state that, while the same exercises are used for either purpose, they should be severely done when trying to make the shape smaller, and gently when increase is desired. For in one case flesh is pulled off, while in the other development is essential.

As soon as the tub is finished the skin must be carefully wiped. Then, if the ankles are to be reduced, there must be either camphorated oil or a strong, saturated solution of alum applied externally. The action of oil is slower, but, I think, is better than alum, which may be too drastic. It is possible to use both alternately.

In either case the object is to rub in the liquid while the skin is soft and the pores open. Just as much of either unguent as the surface can hold should be rubbed in with hard, strong strokes, wringing off flesh, as it were, while working in the reduction agent. Better results will be accomplished if first one ankle and then the other is rubbed. During the moment when it is not being treated the skin may absorb the liquid so more can be applied.

A finish to the treatment that may hasten desirable results is to bind the ankles in linen that has been soaked in oil, or a large quantity of the application may be left on while dry bandages are tied in place. These must be smooth and drawn close, yet not tight enough to actually stop circulation.

In the morning if wished, alum may be wiped over the flesh, letting it dry on before dressing for the day.

When increase of flesh is the object of the treatment the surface is rubbed gently with cod liver or sweet almond oil and the unguent bound on lightly.

CHAPTER XIX

DEVELOPING THE FIGURE

VAUCAIRE BUST DEVELOPER

The Vaucaire bust developer, which is an old formula said to be harmless, is made of five grains of liquid extract of imported galega, five grains of lactophosphate of lime, five grams of tincture of fennel and 200 grams of simple syrup.

Take two soup-spoonfuls in water before each meal. Drinking malt extracts at the same time is also advised by Dr. Vaucaire.

It will probably be six weeks before a change is noticed.

EXERCISES IMPROVE FIGURE MORE THAN CORSET

THERE is no question but that latter day stays give women's figures the lines decreed by fashion, but they cannot make as symmetrical an effect as when the individual is willing to do something toward improving her figure, if it requires changing. After trying all sorts of fads and isms experts who have given the matter attention have come back to certain old, even time-honored, exercises for producing symmetry, and a woman who is willing to work as she would in a gymnasium can benefit herself without using any other apparatus than that in her own room.

For example, her waist line may be reduced several inches by exercising with a chair back. Before putting on any re-

stricting clothing she should sit astride a chair, facing the back. That part of the furniture she grasps firmly, and then, without moving, she should twist her body around one way just as far as she can make it go before repeating the motion toward the other side. The object of this is to pull the cords and muscles about the waist line and abdomen, an effort which moving on the seat would counteract. The twist must be made far enough to feel a muscular pull.

It may seem a simple matter to stand on one foot, and, raising the other by bending the knee, try to bring that knee up to the chest when clasping it by both hands. It is simple, too, for those who can do it, but a woman who can may be rather sure that she has a good figure. And one who cannot, but struggles valiantly to accomplish it, may be equally certain that her effort will be rewarded with improvement in her shape, for if she works long enough the knee will grow more and more limber, and her waist line begin to be beautifully less.

It may seem silly to say that to raise one foot as high as is possible will affect the size of the waist to reduce it, but such is the case. One lies flat on the back, and straightening the knee, lifts the foot just as high, and as far toward the head as the muscles may be made to stretch. This is done, first with one foot and then the other, and if followed regularly for weeks will prove beneficial. I know a most attractive woman of sixty-two or three years of age whose figure is like a girl's, and who attributes it to the fact that she has taken this exercise every morning, without fail, for twenty-five years.

But, best of all, is it to keep the spine straight, not allowing it to bow near the base, when sitting. One may lean

back in a chair and still keep the backbone at a correct line, but this is only when the shoulders touch the chair back, the lower part of the spine being many inches in front of the support. No woman can have a good figure who does not sit well, and she is more likely to lounge when sitting than when standing or walking.

CORRECT SITTING POSTURE BEAUTIFIES FIGURE

THE ungraceful way many women sit is frequently the cause of ungainly figures, for unless the weight is properly poised the lower organs are thrown out of gear and shapeliness is impossible.

To avoid ruining the figure every woman should regard her spine as an upright post, the shoulders being a cross-piece. And this structure she must guard so it will not bend, for as soon as a bend is permitted the balance is destroyed.

Sitting in a chair seems a simple matter, yet rarely is it done properly. Let the woman who is reading this see, at the moment, if she cannot push further back into the seat—not with her shoulders, but so the end of her spine is nearer the chair back. If she can accomplish this she will find herself involuntarily sitting straighter, because a kink has been removed from her vertebræ.

In my opinion no one position does more to make or preserve a good figure than to practise correct sitting for at least five minutes three times a day. For this I would use a chair with a straight back and get on it, leaning forward a little and pushing back until the spine, about three inches from the tip, feels the chair back. Then, with the shoulders

thrown back, a position is attained which is best for all proportions and will soon be held unconsciously. When this is accomplished the danger of protruding abdomen and large hips is greatly lessened.

Besides this straight spine movement chest expansion should be cultivated. This is difficult for an older woman, yet worth an effort. One such exercise is to try repeatedly to make the elbows behind the back.

The longer one tries and the more strength put into the muscular exertion the better will the figure become. Incidentally one must take care to stand straight while exercising in this way or she will simply increase any "stooped shoulders."

Another good and by no means difficult movement is to straighten the arms out at the sides and without bending the elbows, put them back as far as they can be made to go.

Deep breathing has much to do with having a good figure. If the chest is flat and contracted, as must be if the lungs are not filled, a woman cannot make a good appearance.

It is astonishing that, with wearing tight stays, the diaphragm may be expanded when the lungs are filled to the lowest depth. That is, in spite of lacing, there is still room for the lungs to be inflated. To breathe deeply does not mean a large waist line, and such practice may reduce the hip measure. The lower lungs cannot be inflated unless one is standing correctly.

I think that each night before going to bed a woman should try to touch the floor with her finger tips without bending the knees. If she can accomplish this the exercise will keep her supple and if she cannot do it she certainly needs practice. For this movement the hands are held high

above the head and brought down with a sweeping motion, while the knees are kept stiff. Should they bend there is no benefit to be derived. By their remaining rigid pull is made from the waist and hips and long and constant practice will reduce the measurement there. The work must never be done while wearing tight bands.

SWEEPING AND DUSTING DEVELOP FIGURE

HOUSEWORK is excellent exercise for a girl who wishes to develop a round, pretty figure, for sweeping, dusting, or even washing, if the latter is not too heavy to strain the muscles, helps to strengthen and beautify the body. During such work the waist muscles instead of the shoulders should be used, as many cases of stoop shoulders come from leaning, instead of making the back bend from the hips. This attitude throws the shoulders forward out of position, and is ruination to the figure. If, on the contrary, when it is necessary to pick an object from the floor, a woman will remember to lean from the waist, and try at the same time to keep her knees from bending, she will be going through one of the most approved exercises suggested for reducing the hips and keeping the waist small. It is not likely that the average woman could pick up a pin without limbering the joints in her knees, but at least in the effort she is benefited.

Sweeping is one of the best methods of rounding the arms, as well as giving correct poise. A woman whose shoulders are well thrown back, when she grasps the broom firmly, and sways her whole body, with each stroke, may add grace to

her figure. Moreover, she will not easily grow tired, for she will balance herself and thus help the shape of her hips.

I have seen many women sweep as though all the work were being done by muscles in the lower part of the torso. In point of fact this is a part of housework that is to be done with the shoulders, or from them, and thus the back is developed to strengthen as well as straighten.

Few women seem to know that a constant firm grasp of an object such as a broom or hard duster handle will round the arms. An exercise given at gymnasiums for symmetrical development of the arms consists merely in opening and shutting the fingers around a pole, gripping it each time.

Bending over a wash tub affects the waist line and hips to their betterment when the lean comes from the waist, and not from the shoulders. Should it be permitted from the latter part of the body, straightness of spine soon disappears.

The matter of standing correctly is among the simplest acts that a woman can train herself to. It consists in raising the chest, which at once throws the shoulders back. The abdomen should be drawn in slightly, and the chin held up, but not pointed out. If the chest is raised as it should be, the rest of the body almost necessarily falls into true position.

CHAPTER XX

TO REDUCE FLESH

DIET THAT HELPS REDUCE FLESH

TO reduce flesh patience and regularity are needed. For, to practise the treatment spasmodically, for a week or two, will not be sufficient to accomplish any marked results. But by the end of four weeks there should be an improvement.

Rapid reduction can be gained only, as a rule, at the loss of physical strength, and it is for this reason that I am not in favor of hot baths and other heroic measures. They are too likely to affect the heart, and it is far better to live regularly and simply, take physical exercise in moderation, or at least with intelligence, and let the change come gradually.

Almost any exercise that induces perspiration will take off flesh. Turkish baths aid in the treatment, if the patient stays long in the hot room, but it must be remembered that such a method is not for those who have weak hearts.

In this reduction regimen all foods containing fats should be given up. This means that only the lean parts of meat are to be eaten, and that pork, bacon, etc., must be abolished. Eggs and fish (except mackerel, blue and others containing oils) are excellent. Skimmed milk is also nourishing without being flesh making.

Sweets are fattening, and a person who is sincere in wishing to lose flesh will eat none of them. Tea and coffee with-

out cream or sugar must be the rule; fruits, except bananas, are permissible, but no sugar should be eaten with them. Apples and prunes are particularly desirable. No desserts are to be considered; thick soups are not to be taken. These, like some vegetables, contain an element of starch, and that is as fattening as sugar.

For the same reason, bread, as well as cake, is not to be eaten, unless made of that flour from which the starch has been extracted. There is such made. Gravies and sauces of all kinds, except tomato, and not that if it is sweetened, should be avoided.

This is not a severe cutting down of the diet, if carried out daily. There is no occasion for being hungry, and only where, for one reason or another, hasty reduction is imperative should one go without a sufficient quantity of food.

No amount of dieting will secure the desired thinness if physical exercise is not taken at the same time, and none is better than walking, provided the gait is sufficiently rapid to increase the circulation and wear down soft flesh. That the fat is soft, when it is excessive, there is never any doubt, so that one has but to work cords and muscles to attain the end for which she or he is striving.

SUMMER IS IDEAL TIME TO TAKE OFF FLESH

SUMMER is an ideal time to reduce superfluous flesh, for perspiration is conducive to loss of flesh, and the fact that the system requires less nourishment when the thermometer is high, makes it possible to eat a smaller quantity of food without depleting the strength.

An excellent regimen to be followed for flesh reduction in

August begins with a walk in the morning. Not a pleasure jaunt, but exercise taken for the purpose of literally pulling off flesh. The proper costume for such a walk, with the reduction idea in mind, should consist of warm garments that would not exhaust the wearer. Precisely what these are each person must decide for herself. For what would be enough for one might overpower another.

The walk must be taken before the sun is high, and for that reason an hour before breakfast is a suitable period. The walking must be done briskly, although it is not to be expected that it will be a pace that might be adopted in winter.

Returning from the walk, which should consume at least half an hour, the pedestrian will need a bath for refreshment. Now tepid tubs are, as a rule, fattening, therefore I think it better to have a sponge instead of immersing the body. A tablespoonful of alcohol to a basin of water will be a tonic, and the fluid may be freely thrown over the body if the bather stands on a mat or pad to absorb that which goes to the floor. After a gentle drying, not a hard one, for that is heating, fresh underwear must be put on, and the seeker for slenderness must don a thin, cool gown.

Breakfast may be a light meal, a dish of cereal and a cup of coffee being enough. I think oatmeal with cream is not fattening if no other food is taken at the same time.

During the middle of the morning a glass of sassafras tea is an excellent substitute for food, and is made by steeping two tablespoonfuls, for half an hour, in three pints of boiling water. It is strained when cold, and may be sweetened a little, if desired. This is frequently used during a reduction regimen. Water, freely drunk between meals, aids loss of

flesh, and there is no doubt but that taken with food it is fattening. During the effort to grow thin it should be avoided with the meals, and at least three pints taken through the day, the first after a meal being not less than half an hour, and before a meal the same length of time. This allows it to be assimilated or absorbed by the stomach. Some persons take a quarter of a teaspoonful of bicarbonate of soda in half a glass of hot water one-half hour before meals, but in my opinion anything of this sort should not be taken unless prescribed by a physician.

Luncheon should be a light meal of fish and one vegetable. Salads seasoned with French dressing is piquante, satisfying the appetite, and is not fattening. Fruit must be eaten sparingly, as it tends to make flesh.

Water freely drunk during the afternoon will prevent pangs of hunger, and dinner may begin with a thin meat soup, hot or cold, after which meat freed from fat, vegetables that are not starchy, and a little fruit for dessert may be eaten.

More water through the evening and a glassful on going to bed completes the course. Exercise, such as sea bathing, if it is possible, should be taken during the day.

HOT SODA BATHS REDUCE FLESH

REDUCTION remedies are apt to be harmful, since to take off superfluous fat rapidly means inevitably starvation, hard work and a physical strain that few persons can endure. Moderate reduction, that is, a cure taken slowly, will not weaken, but then it is rarely satisfactory.

As for the extreme systems, hot baths are efficacious. To take one, fill a tub sufficiently full to cover the body and in the bath put four pounds of washing soda and one pound of bicarbonate of soda. The bath is made as hot as the body can endure, and then more hot water is added. One remains in such a bath for about twenty-five minutes. Immediately on leaving the water, a flannel dressing gown should be put on, and the patient should go to bed between blankets, after first drinking a glass of hot water. The effect, of course, is to produce perspiration, and there is no lack of it after such treatment. One should remain under covers, between blankets, perspiring freely, for at least half an hour. Then a cold or cool sponge may be taken, finishing with an alcohol rub. The latter is important, as it closes the pores and prevents taking cold.

Devoted followers of the present cult of the hipless are wearing rubber garments next to the skin. These fit like the epidermis, and by constantly promoting perspiration act as reducers.

It cannot be stated too positively that I thoroughly disapprove of the treatment I have just given. If there is heart trouble it might endanger life, but even in an ordinary condition of health it is too drastic. The supply of nourishment being greatly cut off, there is not sufficient to keep up the strength at a time when it is most needed.

CHAPTER XXI

SIMPLE REMEDIES

DIET THAT WILL IMPROVE TORPID LIVER

AS to the foods that will correct a torpid liver, fruits such as apples, prunes, figs, dates, strawberries are essentials of the daily fare, and plain molasses candy, a few ounces of it after meals, is recommended by many physicians. The fruits may be eaten at the beginning or the end of a meal and also between times, if one wishes. Cereals are to be avoided, also milk or cream. Poultry and beef, also vegetable soups, are desirable on such a dietary list.

Mutton broth is among the foods to be avoided, but with that exception thin broths are good. All green vegetables and those that grow below ground, by which is meant roots, are beneficial.

A cup of hot water taken as soon as waking up in the morning is recommended by some physicians, and almost all agree that a small dose of some laxative mineral water taken when rising is an aid to health.

No treatment that is limited to the diet alone will show any healthful effects unless exercises are taken in connection. For instance, walking briskly should be regarded as medicine and taken every day for at least an hour. Night and morning, when all tight clothing is removed, different movements should be taken.

An excellent one to help the liver is to sit astride a chair,

holding the back, and then twist the body first to one side and then the other as far around as it can go without one's moving on the seat. Should that happen, the work is useless, for the object is to pull cords and muscles in the abdominal region. Another movement is to bend the body, as one stands, as far one side and then the other as it will go, keeping the pull on the cords and not allowing the thighs to move. Bending forward in the same way is also good.

Sitting constantly is one of the most detrimental positions a person with a sluggish liver can take. If persons would make a rule of standing or walking slowly for half an hour after each meal there would be less digestive trouble.

TO REMOVE LIVER SPOTS

BBROWN spots on the face are apt to make their appearance in the spring of the year, when the blood is in bad condition and the liver is torpid. This last condition is largely responsible for unsightly facial blemishes, and when they take the form of "liver" spots that organ should be treated immediately. For instance, a cathartic must be resorted to if the liver has been inactive. Some kind of blood purifier should also be taken. Many persons like sassafras tea as a purifier. It is made by steeping two tablespoonfuls of the dried root, broken fine, in three pints of boiling water for twenty minutes. It is drunk freely through the day. May be sweetened if desired.

Eating pineapples is also recommended, for their juice has a beneficial effect upon the blood and skin, and it is said that, rubbed on the discolored skin, it will remove the blemish. I do not vouch for this statement.

Great care must be taken with the diet that it shall contain only the simplest and most nourishing food, at the same time kinds that can be easily digested. Fresh fruits may form part of the meals, but any highly spiced or fried dishes should be avoided.

Exercising in the open air must be part of the daily routine, even if it is necessary to get up earlier to accomplish it—for nothing will produce such beneficial results as a brisk walk, in rain or shine, for this kind of exercise produces rapid circulation, brightens the eye, clears the skin and makes for grace. The improvement is not to be noted in a week, but at the end of a month a person who has done this regularly will have snap and tone, not to be achieved in any other way.

While methods directed toward improvement of the whole system must be kept up, some external applications may be found helpful.

In using whitening lotions there is this to be considered, that any strong bleach may injure the skin. On the contrary, a simple one will work so slowly that the patient may think it is not a success and so stop it.

One of such mild bleaches is made from sixty grains of salicylic acid and four ounces of bay rum. It is applied night and morning with a small bit of linen and left to dry on. After a few days the skin will roughen, when the application must be discontinued and the place touched with oxide of zinc ointment until it heals. If the stain is still in evidence the lotion may be used again.

If the discoloration is not a dark one spirits of camphor may prove beneficial. This is applied to the dark flesh several times a day and at night, allowed to dry on. The

roughness it creates may be soothed by oxide of zinc ointment.

HOT-WATER TREATMENT FOR RHEUMATISM

RHEUMATISM of the knees, that causes fleshy or elderly women so much trouble, will sometimes yield to local application. There are, of course, supports of various kinds, simple in themselves, which have merit. For example, there is an old-fashioned "knee cap" knitted from soft fine wool; it is flexible and shaped. Though entirely soft, it acts as a slight brace or support, greatly alleviating pain that is sometimes severe. Such caps are to be found in some of the shops and various women's exchanges take orders for them.

An elderly woman who suffers much in this way has a hot water cure which she employs regularly before retiring, and she says it gives her more relief than some of the remedies suggested by professionals. For this water remedy a seat is arranged near the hot water faucet in the bathroom, and after seating herself she puts her feet in a small tub. Then a pitcher sufficiently small for her to hold with ease is filled with hot water. From this jug she pours a small stream directly upon her knees, the water, of course, flowing off into the tub. This stream is kept running unremittingly (save when the jug must be refilled, which takes only a moment) for fifteen or more minutes. She finds this treatment most beneficial.

Ache and fatigue are warmed out of the joints, and she can go to bed and to sleep quietly. There will, however, be no benefit from such a remedy unless the water is as hot as can be endured. With repetition the knees become accus-

timed to a high temperature, so a degree of heat that would scald the face can be used.

Painting the joint nightly with colorless iodine is sometimes advised for rheumatism, and the application has the merit of being easily applied and perfectly clean. The liquid is put on with a soft camel's hair brush. After a time the surface peels, but it causes no pain.

Turpentine, heated, is excellent for rheumatism in the joints. This, as any other combustible, must not be heated by direct contact with fire or on top of a stove. It should be poured into a china cup and set into a deep vessel of boiling water. Only four or five minutes will elapse before the lotion should be sufficiently hot to rub on.

There is a chloroform liniment, made from time immemorial by all druggists, which, if rubbed in thoroughly once a day, or night, is alleviating for rheumatism or sciatica pains. For the latter nothing is better than to iron the pain away.

This should be done when the patient is ready to go to bed. To accomplish the ironing process a thick piece of flannel is stretched smoothly over the spot affected and then a flatiron, as hot as it can be without burning, is rubbed on. This sends heat directly into the region affected, and sometimes one evening of such treatment will make the pain disappear. To rub the spot with warm alcohol before ironing is excellent for serious cases. After such treatment the patient must go to bed at once or there will be danger of contracting cold.



Photo by Joel Feder, New York.

MASSAGING THE CHEEK—THUMBS UNDER JAWBONE WORKING UP WITH ROTARY MOTION.

HOME REMEDIES FOR SORE THROATS

SOME simple home remedy that will cure sore throat should be in the medicine cupboard of every house-keeper. Gargles are among the best of these and are easiest to use. They are efficacious, as a rule, because many times the trouble is entirely a surface one, due to dust and dirt that has been breathed into the mouth.

When this is the case almost any antiseptic will remove the trouble. Salt and water, a teaspoonful of the former to a glass of the latter, is excellent. To gargle it the head is thrown way back so the astringent will go far down the throat without being swallowed. This gargle may be done night and morning. Others, made from preparations that are bought prepared, are used in the same way.

External applications are sometimes beneficial, but when a throat is so sore it requires one of these it is usually wise to call in a physician. Camphorated oil, however, will do no harm and may ease pain when the condition is distinctly due to cold. This oil should be thoroughly rubbed in under the jaw and down the neck. This may be done at night, but not in the morning.

The old-fashioned remedy of applying a cold compress is one of the best that can be used for sore throat. To make it, a bandage, such as a folded handkerchief, is wet in cold water and wrung—not very dry. It is then bound around the throat and over it entirely to cover the wet cloth a flannel is securely pinned to keep it in place. No part of the bandage should be left exposed or the air, striking the skin through it, will make the cold worse.

Gargling with diluted vinegar is an old-fashioned remedy

to which many persons cling, and is undoubtedly astringent and may ease a cold. When the throat is sore from dirt, however, it only irritates, and things more soothing, or germ killers, must be employed instead. A weak solution of carbolic acid is good; about ten drops to three gills of water. This thoroughly disinfects the surface, or throat lining, and aids greatly in healing.

It is always wise for a person whose throat is in bad condition to keep aloof from others, for the illness is among the most contagious, and when the system happens to be run down a serious illness may result from a small beginning. A child who has it not only should not sleep in the same bed with another, but should be put into a room alone or with a grown person. Children are peculiarly susceptible to throat troubles and should be protected if possible.

TO PREVENT A COLD

A COLD may often be prevented by the taking of a simple cathartic, if this treatment is started when the first symptoms appear. For by purging the liver the system is cleansed, and thus enabled to throw off the congestion.

In trying this cure it is as essential to go to bed as if taking a purgative, for when a person is in the condition of weakness that makes possible a cold he or she is susceptible to changes of temperature and more apt to add to the congestion if not carefully protected. For this reason a day spent in bed at the inception of a cold is worth pounds of medicine taken later, especially if the "rest" cure is reinforced by a cathartic. I know, of course, that such giving up of all

work is not always possible, and in such a case one must do the best she can by taking the cathartic before retiring for the night.

On the next day only simple and easily digested foods should be eaten, for indigestion will always aggravate a cold, even if it is not the original cause.

In addition to these preventives, some thought must be given to ventilating the sleeping room, for if a speedy cure is to be effected, the air must be fresh and pure, but draught must be avoided. It is always possible to put some kind of a screen before an open window to keep the wind from blowing directly upon the bed.

As a cold means that the pores of the body are closed, it stands to reason that treatment to open them should begin when the first symptoms are felt, and one of the best ways to accomplish this is by a hot mustard foot bath that will draw the blood from the head and send up the temperature of the body. To make this bath, a tablespoonful of dry English mustard must be put to a gallon of water. The water should be as hot as can be endured, and the foot tub at first must not be full, for space must be left for more and hotter water, to be added as the first becomes cool. In this way the skin gets accustomed to heat.

A foot bath like this should never be taken unless the patient is going to bed immediately.

Better than a mere foot bath is to get into a tub and remain for fifteen or twenty minutes, increasing the temperature of water the same as for a foot tub. When leaving the tub a warm gown should be ready to get into, and the bed should be warmed that no chill follows. This is one of the

quickest ways of breaking a cold, for perspiration ensues and the illness vanishes.

Hot drinks are sometimes desirable, but many times they upset the digestion and cause nausea, a condition that only adds to the general discomfort.

HOME REMEDIES FOR CUTS, BRUISES, ETC.

THERE are certain healing agents that every woman should have on the family toilet table, for they will often cure cuts and bruises in a short time. Among these beneficial lotions is spirits of camphor. It is a strong astringent as well as an antiseptic, so that it heals both by cleansing and drawing the flesh together. A drop of the liquid, applied several times a day to a cold sore, will make it disappear in a comparatively short space of time. The application will cause smarting, but the sting lasts only for a few minutes. Spirits should always be put on such a sore at night, so it will act uninterruptedly on the tissues for hours.

Gum benzoin has many of the same properties, and for fever blisters will act as a substitute for spirits of camphor. It will not, like the spirits, have any efficacy for local cold or rheumatism. Two or three drops of tincture of camphor on a lump of sugar is said to aid in destroying a cold, the dose not to be taken more than three times a day. Certainly, inhaling the spirits will aid in clearing the nasal passage in cold, and is refreshing for headache, both to smell and to apply locally. For headache a teaspoonful may be put on a cloth that is then wet in hot water and tied over the head.

Carbolic acid, if used in extreme dilution, is healing, because it is antiseptic, and by keeping an injured spot of flesh healthy permits it to heal.

Two parts carbolic to ninety-eight parts water makes a mouth wash that is healing to the gums. Ten drops in half a pint of glycerine and rosewater softens the skin wonderfully if it is chapped. A cut should always be washed with a weak solution of the acid, as should a bruise, if the skin is broken.

Limewater is another simple home remedy for scratches and sores. In eruption of an ordinary character it may be used for bathing, the lime being soothing as well as healing. Mixed with raw egg, beaten, it forms an excellent shampoo for the scalp when dandruff or soreness exists.

Zinc ointment is an inexpensive application which will do much to allay inflammation from a sore or open bruise. It is healing as well, and is applied in the same way as cold cream.

The application of raw beef after a severe blow is treatment that a novice can give. I do not pretend to know why it is effective, but the fact remains that it will scatter the blackness resulting from coagulation quicker than almost any other remedy, and if one does not like the idea of such a "plaster," it can be said in reply that it is more desirable than purple spots.

As to the success of a beef plaster, a girl of sixteen years, who thought she would play baseball with the boys can testify, for she received a stunning blow in the nose from the ball as it left the bat, and what happened during the next fifteen minutes she knows but vaguely. She is, however, aware that by night her face was the color of

indigo, and then it was an old housewife who suggested applying raw beef. A thin slice was cut by the butcher, places punched in it for the nose and mouth, and the mask tied on for the night. The next morning the skin was white in places, and after four days of this her skin had returned to normal hue. Under ordinary conditions it would have been a week at least before the blackness would have been dissipated.

Butter for bruises is strongly advocated. An elderly woman, overcome by heat, fell, striking her forehead on the pavement. When she was helped up, and went into a shop, blackness appeared on her head, and her sister, who was with her, sent for butter to apply. By the time the unguent arrived there was a swelling the size of a pigeon's egg over one eye. This was thoroughly rubbed with butter, the whole side of the face being treated in the same way. By evening the swelling had almost entirely disappeared. This may seem odd, but it is true. The butter has nothing added to it, but is used as a salve.

Hot-water compresses are no longer to be applied to bumps. If water is to be used, that which is ice cold is now recommended by physicians, the theory being to prevent the blood from settling in the bruise, a condition that heat encourages. Water to be used in this way should be iced, it being well to have a basin beside the couch or chair where the patient rests. The cloths used must be wet and renewed frequently as their temperature goes up. This is the best way to treat inflammation in any location when cold applications are needed.

When used for some hours it will effectually prevent blackness, but it is practically no good if put on only for

an hour or more. If an accident happens late in the afternoon the compresses should be renewed through the night—for instance, every fifteen minutes.

REMEDIES FOR PRICKLY HEAT

DIET that does not heat the blood external applications must be used when prickly heat effects the body and something for whatever heats the blood will increase the intense discomfort of this irritation. Yet, however, much soda and subacetate of lead may be applied it will be inefficacious until a restricted regimen has been adopted.

Any liquid containing alcohol, in however small proportion, must be discontinued. And heavy meats, such as beef, mutton and pork, must not be touched. Rich food that is not easily digested, by which is meant gravies, pastries, etc., are to be banished, and in their stead fish, poultry, raw eggs, non-starchy vegetables, fruit, except bananas, and thin soups should be taken.

Indigestion will aggravate the irritation, and care must be taken that the liver performs its functions.

A drink that is cooling to the blood is cream of tartar water, which may be taken several times a day, sipping it slowly. A small teaspoonful of the powder is put into half a pint of cold water. Not more than three glasses of this liquid should be taken, and these must be drunk five or six hours apart.

In cases of extreme itching a soda bath will be a relief. About two pounds of bicarbonate is put into a tub of tepid water deep enough to cover the entire body. In this the person may stay for fifteen or twenty minutes. Such a bath

should be taken not oftener than once a day. A dilute solution of subacetate of lead is also cooling. Two teaspoonfuls are added to half a pint of water and the skin bathed frequently. Vinegar and water, one-quarter of the former to three-quarters of the latter, is also cooling.

Two other mixtures are recommended by physicians. One is made from four ounces of linewater and one-half an ounce of levigated calamine, well shaken and applied to the skin with a soft muslin. The other is half an ounce each of subnitrate of bismuth and carbonate of zinc. It must be well mixed and dusted on thickly.

Remedies given here for elders are suitable for children and babies, except that the skin of the latter being more delicate the strength of the solutions must be lessened one-half. For babies soda water should be enough, following frequent bathings with plenty of talcum powder put on with a big puff. In placing garments on the baby a little care to prevent creases should be exercised. Babies' clothes must be kept clean, for in this way they will be saved discomfort, which, if not prevented, frequently leads to fever and illness.

PREVENTIVES OF SKIN IRRITATIONS

UNFORTUNATE persons whose skins become irritated in warm weather may use one of several soothing applications to reduce inflammation.

When the irritation, as sometimes happens, becomes sore, oxide of zinc ointment is both cooling and healing. With this the place is anointed constantly, washing off at intervals to prevent dirt settling in the pores. Warm water and a bland soap, such as Castile, should be employed, and an old,

soft bit of muslin for a mop. Drying is done with a soft cloth and the ointment at once applied. This may be used even on the face if applied carefully and talcum powder dusted over lightly to prevent an appearance of grease.

When the skin is delicate and inclined to chafe from heat talcum powder may be used profusely. For this a big, soft puff is best for the body and the dust should be thick enough to form a layer over the flesh. Several times a day and always after bathing it must be put on. Any kind of powder answers the purpose—magnesia, French chalk, arrow root, etc. The point is to use enough.

Cream of tartar water is as cooling as soda and is mixed in the same way. Sometimes only a combination of grease and powder will allay severe inflammation. For instance, carbolized vaseline, although it stings when first put on, is particularly good for such cases, being healing as well as soothing. Care must be taken to have the surface clean before it is applied and then powder in large quantity may be dusted on. Repeating these layers three or four times will make a paste that will adhere for many hours and is useful for the occasions when one is unable to renew the application.

POISON IVY TREATMENT

PERSONS who spend their vacations in the country should take with them some panacea to cure ivy poison and to soothe the bites insects cause.

For those who have never before suffered from ivy poison I want to describe a few of the symptoms, so remedies may be applied as soon as they appear. One of the evidences of this poison is a redness of the flesh; another is an irritating

itching, and when the case is a severe one there is intense suffering and sometimes the whole body is affected. To use on skin so poisoned this wash, given by a physician, made from half an ounce of carbonate of zinc and two ounces each of limewater and glycerine, is supposed to give relief. With it the affected parts should be constantly wet.

Another mixture for severe cases is made from two drams each of carbonate of lead and powdered arrow root, one dram of powdered gum acacia, ten grains of hydrochlorate of cocaine and three ounces of olive oil. This is made into a paste and spread over the skin. The cocaine makes it particularly cooling and soothing.

One panacea for insect bites that smart is made from one dram of beta-naphthol and half a pint of alcohol or cologne. This may be applied until the stinging stops.

Another that is sometimes easier to use is composed of one ounce of ointment of oleate of mercury and ten grains of camphor. This, being a paste, may be rubbed on, and will give relief when it might not be possible to apply a liquid.

The use of strong ammonia for bites, an application that is commended by some persons, I do not approve. It may bring relief, but at the same time it is likely to burn the flesh and cause additional pain. Alcohol and cologne, put on full strength, are soothing when no more efficacious mixture can be secured. Water is useless, unless its temperature is cold and the affected spot can be kept constantly immersed.

Comparatively few persons know the value of bicarbonate of soda as a cooling application. Used indefinitely it would cause the skin to dry, but a strong solution is almost as beneficial as is alcohol.

A teaspoonful to a half pint of water should be kept on

the dressing table, and such portions of the body as may be affected by heat may be bathed constantly. If they are then thickly dusted with talcum, or even powdered arrow root, the relief will be instant, and though not lasting, the treatment may be indefinitely repeated.

HOME CURES FOR PAINS IN HEAD

INDIGESTION, or blood pressure on the brain, is usually the cause of headache, and often such pain will yield to simple home remedies. For instance, when the head aches take some sort of cathartic—the kind chosen must depend upon that best suited to the individual. As a rule each persons knows what this is, but I find frequently that women do not comprehend the way different laxatives act. Aperient waters, for example, valuable as they are, do not affect the liver, but merely the intestines, acting as a wash. Something like castor oil or calomel is required for the liver, and sometimes the best effect is gained by using both the drastic purgative and an aperient water afterward. Physicians recommend that calomel, when taken at night, should be followed by a laxative water in the morning, the object of the latter being to carry all calomel from the system. Castor oil requires no afterdose.

If the liver has been torpid and one awakens in the morning with a headache a dose of an aperient may help to cure it, for this medicine will act quickly and so may be taken when stronger drugs for the liver might be impossible.

Immediately following such a dose a hot foot bath should be taken, for it will aid the cure. If the pain is severe, indicating unusual blood pressure, it is well to put mustard in the bath water, a tablespoonful of the dry English variety to

a gallon of water. This helps the water to draw blood from the head. A hot mustard foot bath is sometimes the most soothing treatment that can be given for delirious headaches. If the patient is able to sit up for such treatment the knees and tub should be covered with a blanket to keep in the heat. If one is in bed a cover must be laid over the sheet to protect it from being wet with water. Incidentally the bed covers must be drawn up while the feet are in the bath.

To hasten the action of the medicine taken a glass of hot water should be drunk about an hour after the dose.

The use of any drugs for the purpose of dulling pain should be made only on the advice of physicians. The habit that some women have of dosing themselves indiscriminately is reprehensible, for it may work injury to the heart or digestion. A person who has headaches habitually should have a physician's prescription for a cure.

Quiet, both of nerves and body, is essential when the head aches, whether nerves or stomach be the cause of the trouble, for only through repose can the normal condition be resumed. When lying down to rest the room should be darkened. Bright light has a most unfortunate effect on a sufferer from nervous headache, as it makes the pain worse. Noises are startling, and effort should be made to keep occupants of the house quiet.

A little nourishment is often necessary save in those cases where nausea is incessant. Then the less that is taken into the stomach the better. But when the digestive organs are working properly and the stomach has been emptied by medicine some food is required, and if warm milk agrees a small quantity should be drunk. Tea and toast suit others. It is by experimenting that one knows best at what is such times.

REMEDIES FOR HEADACHE CAUSED BY HEAT

WHEN nervous headaches, that are sometimes an accompaniment of intensely warm weather, come a sufferer should try for a combination treatment that is both relaxing and stimulating to the nerves. In this method cooling the blood is not sufficient, although it is a help. For as a rule one reason for the pain is blood pressure on the brain, and therefore any remedy that will draw the blood from there should aid in a cure. If one can put the feet into a hot bath, in which there is a teaspoonful of dry English mustard to a gallon of water, and let the extremities remain there for fifteen minutes, the effect is usually beneficial, but such treatment can only be taken by those who stay at home.

For the one who is downtown, and may be able to snatch only five minutes at a time, hot applications sometimes work wonders. Witch hazel compresses are both simple and efficacious. A tablespoonful of witch hazel and half a teaspoonful of tincture of benzoin should be put into a basin with half a pint of water as hot as can be borne. Into this a handkerchief or small towel is dipped until wet and is laid hot over the forehead and eyes. As the compress cools it should be wet again and put back for ten minutes at least, and more if there is time.

The same mixture of benzoin and witch hazel is then put into half a pint of soda water, and cold compresses applied like the foregoing. The benefit of this treatment lies in the fact that the first relaxes nerves and muscles, while the second tones them to normal.

Drinking a cup of hot water in which there is half a tea-

spoonful of bicarbonate of soda will sometimes be a tremendous relief when suffering from a hot weather headache. Digestion does not always work when the thermometer is high, and food does not assimilate, and often in such cases bicarbonate of soda will sweeten the stomach and so the head may cease to ache.

A trained nurse recommended frequent bathing of the face in cold water, in which there is sweet spirits of ammonia, when suffering with pain in the head. Half a teaspoonful to an ordinary basin of water is the proportion, and in this the face is soaked, using a cloth for the purpose. It is tremendously refreshing and is not harmful to the complexion. Indeed, to those who suffer from abnormal greasiness in summer, it will act as an astringent.

A cold cloth at the base of the brain is another simple method of relief. The compress should be folded and laid across the neck, changing it as soon as the chill leaves. The same kind of an application may be made on the wrists.

CURE FOR WEAK NERVES

WHEN a girl finds herself on the verge of a nervous and physical collapse from overwork or worry, there are precisely two remedies, eating and sleeping. None others could be quite so difficult. I know, and it is probable that either will suggest boredom, and she will declare that food is unnecessary. If she is so fortunate as to live with some person who can oblige her to eat, the collapse will be of shorter duration. For it is a fact, however prosaic and material, that the more nourishing the food taken into the stomach, and assimilated properly, the sooner will strength return to overcome nervousness and weakness.

Physical and nervous conditions are so closely interwoven that a layman can never tell where one stops and the other begins, and sometimes even a physician is puzzled. But all agree that to build up the physical portion is essential.

When a person has no appetite, and the actual eating is an effort, she can be properly nourished on liquid foods. A glass of milk, in which two raw eggs have been shaken, is a good meal. The liquid should be poured through a fine strainer and may be sweetened and flavored to taste.

A girl who cannot eat breakfast and must go to work may be given this just before she starts downtown. It will keep her nourished until the middle of the morning, and by that time she will require more food. One woman who is doing much brain work, and whose physical condition is not healthy, begins every morning with one of these drinks, and carries six raw eggs to take during the day. At eleven o'clock she takes three of the eggs in the simplest way, by breaking them into a shallow drinking glass. Into the glass she first squeezes several drops of lemon juice. Then the egg shell is broken and the egg dropped in whole. On top of this she put five more drops of lemon, and the egg is swallowed quickly. All three are fixed, one after the other. They may be taken in less than three minutes.

Luncheon may be a light meal. For instance, a piece of roast beef and some mashed potato are highly desirable. During the middle of the afternoon the other three eggs should be taken, and unless dinner is eaten at six o'clock, a glass of milk should be drunk. Sometimes vichy is added to milk to make it palatable for persons who do not like it. Whether it is distasteful or not has nothing to do with the

case in nervous collapsing, for milk must be taken, and so may be regarded as medicine. If it positively disagrees, eggs may be substituted. Fourteen a day are none too many if little solid food is eaten.

As for sleep, it is necessary if any progress is made. Drugs are not to be resorted to until all other means have failed, and then a physician must be called in.

Sometimes a hot bath, taken before getting into bed, will relax the nerves wonderfully. Then in the sleeping room there must be plenty of fresh air, though not a draught.

HOT WATER IS PANACEA FOR ILLS

HOT water is such an invaluable panacea for ills that if one lives in a house, and not an apartment, some means whereby the supply can be secured at night, if necessary, should be devised.

If the house is wired for electricity a little heater that can be attached to the wire is best. Gas ranges are innumerable, and there are kerosene lamps that will be useful. Alcohol, since the denatured quality has been put on the market, is not expensive as fuel.

To relieve aching feet, after a long day's work, hot water should be used. For such a bath five or six gallons should be put into a small tub, adding a quarter of an ounce of alum to a gallon and a big handful of salt for the whole amount. Into this the feet must be placed, adding more hot water, of higher temperature, as the skin becomes accustomed to the heat.

A cup of hot water drunk on arising sometimes has the most beneficial effect upon the digestion, especially if a pinch

of powdered charcoal is added. It acts as a rinse. A cup of hot water after meals, when there is indigestion, is ordered by some physicians, and taken between meals, when the digestion is not strong, is a gentle tonic that acts refreshingly on the nerves of the stomach.

Water so hot as almost to cause pain will draw inflammation from the eyelids. Small flannel cloths should be wet with it, and to get the best results it is better to lie down so the compresses will cling to the surface. Two sets should be in use, putting on one as soon as the first becomes cool. Five or ten minutes of this will be most gratifying .

The veriest tyro knows, I fancy, that a rubber bag filled with hot water is indeed a panacea if applied locally in cases of pain in the stomach or intestines. The bags cost so little now they are within the reach of all, and every household should have at least one.

Hot baths will break up colds if one is willing to go through the discomfort attendant upon such treatment. For this process one gets into a tub in which the water is at a comfortable temperature, but from then until getting out more water of a higher temperature is constantly added. When leaving the water one goes immediately to bed, piling on blankets and lying between two. To drink a glass of hot lemonade increases the tendency to open the pores, and by the next day the cold should be gone. One must always go to bed after a hot bath, for the body is then most susceptible to cold.

HEALTH DRINKS THAT PURIFY THE BLOOD

IN the spring season sulphur and molasses—an old blood purifying remedy—is taken by many persons.

For this tonic the formula consists of a paste of sulphur and molasses, cream of tartar to the amount of a pinch being added to each teaspoonful of the mixture. The dose from time immemorial has been a teaspoonful every morning for three days; then three days are omitted, and another three doses, on three more consecutive days are taken. Then comes another halting space for three days and a final dose the next three, making nine in all. By that time the faithful patient is usually quite willing to wait until another season before taking more. There will be no harm in repeating the routine, however.

Spearmint tea is a drink which our grandmothers believed in as being excellent for the blood, and they made it by steeping two tablespoonfuls of the dried grass in three pints of water. They regarded it as both nourishing and purifying to the blood and drank it at any time through the day.

This is pre-eminently the time when fresh green vegetables should be eaten, even if it is necessary to give up some other article of diet for them. The system craves just the properties they contain and the blood and complexion will be much better if spinach, greens of any other kind, string beans and the like are eaten once and preferably twice a day.

Fresh salads should be considered a daily necessity. Lettuce, with oil and vinegar, is wholesome, but not more than other fresh leaves. Apples, both baked and raw, will be effective, as well as tomatoes, the system requiring acid to an unusual degree for several months now.

Cream of tartar is a drink that is helpful at this season, for, like spearmint tea, it is supposed to be purifying and also cooling, the latter fact making it especially liked in warm weather. To prepare it one-half of a teaspoonful of cream of tartar is used to one-half of a pint of water. This beverage must be sipped slowly. Sassafras tea is another drink, though this is credited with being nourishing and taking the place of food. It is ordered in obesity cures sometimes. To prepare take two tablespoonful of the dried herb, steep in three pints of boiling water for half an hour, then strain and sweeten slightly. It must be drunk freely through the day.

EXERCISES THAT MAY PREVENT INDIGESTION

WHILE discretion in diet is an aid to digestion, it is through exercise that most benefit is derived, for in this way acid conditions of the system are worked off, and those persons who are troubled with facial eruptions at the slightest trace of indigestion may thus avoid them.

Understanding that only easily digested food shall be eaten for a week or ten days when one has an attack of stomach trouble, the kind of exercise that is best suited to the condition must be taken up. While on the subject of food, however, let me state that a woman need not think she has escaped complexion disfigurements simply because pimples do not appear within three or four days. It may take a week for the internal trouble to show itself in that fashion, which means that there are also several days of grace at the beginning in which prevention may be exercised.

One of the first remedies I would advise is that no liquid shall be taken with the meals for a week at least. If at the end of that time the habit of going without it has been formed, so much the better. In any case, half an hour after each meal a glass of cold, though not iced, water should be drunk, and it would be well to walk during the next half hour. To have this exercise out of doors is an excellent tonic, but if home duties make that impossible, doing housework will answer the purpose. Nothing that necessitates bending over should be done, however, for the position contracts the stomach, preventing digestion.

Three pints of water must be drunk between the time of getting up in the morning and going to bed. If there is indigestion after eating, a cupful of hot water may be taken, sipping it slowly.

After rising in the morning, and before putting on any tight clothing, some deep breathing exercises should be taken. With the head held up and the lips closed, fresh air must be inhaled until the whole diaphragm expands, exhaling being done through the lips. This is repeated as many times as can be without feeling a pronounced sensation of dizziness. It is imperative that the figure shall be erect.

Following this, a person may sit astride a chair, facing the back, and then, holding the chair to give firmness, the body must be twisted around first one way and then the other, which will exercise the lower organs, stimulating them to do their work. The body must not move in the seat or the exercise will be worthless.

This may be done for five minutes night and morning, each twist being a pull on the lower part of the body in the abdomen.

This is one of the best exercises that can be taken at any time for indigestion, but must never be done when tight clothing is worn.

TREATMENT FOR FEVER BLISTERS

SPIRITS of camphor is a curative application that benefits cracks or fever blisters. By itself it quickly becomes irritating, but after washing the surface with alum solution it is effectively applied to the raw place. Over it should be a light coating of any grease which serves to prevent the camphor from drying the sensitive surrounding flesh.

When a fever blister is fully developed permanganate of potash may be used. A grain of this is dissolved in a tablespoonful of rosewater, the sore being constantly anointed with the liquid. It is afterward wiped each time with French chalk, powdered, doing this dextrously to conceal the raw spot rather than to make it conspicuous. An excellent quality of this application is that it bleaches the skin, preventing a continued redness after the sore is healed.

Many times, fever blisters could be prevented if grease were applied as soon as the inflammation becomes apparent. It is a mistake to allow such irritation to continue when any cold cream will prevent it.

CURE FOR CRACKS IN LIPS

OBSERVATION and experience lead me to believe that the best way of treating cracks in the lips, that sometimes make their appearance in cold weather, is by astringents instead of grease. Many persons use cold cream

or camphor ice at the first sign of such trouble, but they are not as quickly efficacious as is spirits of camphor, for instance.

Creams and greases keep the sore place soft, and while they undoubtedly allay the pain they do not aid in healing. Any lotion that keeps air from the raw spot relieves, but does not cure. But an astringent, by drying the surface, helps a scab, a natural protection to form, so healing goes on more rapidly.

When afflicted with a deep crack, like a cut in the middle of the lower lip, constant treatment with spirits of camphor is beneficial. If out of doors all morning, a tiny phial of the spirits should be carried, so it can be put on the surface frequently. It feels like hot shot for a second, but the sting soon passes away. The spirits should be put on night and morning also. Camphor ice will act in the same way, but much more slowly, and at the same time it is more in evidence when applied.

Tincture of benzoin may be applied in precisely the same way. If it be strong enough to cause an uncomfortable sensation of "drawing," it may be diluted with a few drops of glycerine, using little of the latter, for it neutralizes the astringent.

Another pleasant and healing application is made by a solution of one grain of permanganate of potash in a tablespoonful of clear rosewater. While this is wet on the surface French chalk should be dusted on.

It is always well to wash any sore spot with a weak solution of boracic acid before applying the astringent. The object of the acid is thoroughly to cleanse the place.

There is little doubt that continued cracks of the lips

indicate a thin condition of the blood, and a physical state that is below par. Tonics containing phosphates are usually prescribed, and iron may be taken. This, of course, is a matter for physicians to decide, and one should certainly be consulted when the lips cannot be healed.

Those little sore spots that sometimes stay so long in the corner of the mouth may come from the stomach, and frequent applications of bicarbonate of soda may cure them.

TO CURE HABIT OF BITING LIPS

BITING the lips, a form nervousness sometimes takes, is scarcely less disfiguring than biting the nails, and is far more difficult to cure; for when the thin skin is broken through a rawness that often amounts to a sore develops. In cold weather such an abrasion is particularly difficult to heal, though a combination of camphor and vaseline is excellent for such a sore, as the astringent dries the surface quickly to form a natural protection, while the little grease in the lotion allays the inflammation. If the lips are treated to a coating of both of these, taking care that the camphor does not touch the sound skin, the process of healing may be greatly expedited.

One of the unfortunate features in connection with biting one's lips is that the surface roughness quickly made is an almost irresistible bait upon which the teeth unconsciously work, and it is absolutely imperative this habit be controlled, or no amount of healing applications will benefit.

Some of the same methods may be applied that are used to break the custom of biting the nails. For instance, if one has the courage to rub the outer edge of the lips with

a few drops of aloes, or a few grains of red pepper, the resulting action upon the tongue will be a forcible reminder the next time one starts to bite the lips.

Before going into the cold air the sore spots should be given some sort of protection, such as a drop of spirits of camphor, mixed with a little vaseline. Incidentally, it is excellent to carry a little stick of lip salve to apply to the sore as soon as any inflammation is felt. Should the smarting and burning be allowed to continue it greatly emphasizes the trouble.

A good salve is made from a teaspoonful of any cold cream and a little melted white wax in which some carmine has been stirred. For instance, take half a teaspoonful of wax and a grain of carmine, blending the two. Although the wax is liquified, it must not be allowed to become hot, or it will never harden. This, when cool, but still liquid, may be stirred into the cream, which, when firm, will be harder than in its original state.

If wished, ten drops of spirits of camphor may be put into the wax, increasing its healing effect.

ABOUT REMOVING WARTS

THE only reason that the appearance of warts need not be a cause for despair is that they frequently disappear as oddly as they develop. And it is this cheering thought that should inspire a person when all remedies fail, for if the truth be known, an application that at one time works wonders at another will be useless. When these excrescences are on the hands there are many different agents that may be tried for their removal, but should they be on

the face or neck the treatment must be different, and experiments should not be made.

Indeed, I go so far as to say that no amateur should make such an attempt, for a scar is almost inevitable should success crown the effort. A similar scar on the hands is inconspicuous and cannot be a source of mortification, but on the face the aftermath may be worse than the wart. Therefore the services of a professional should be called when such a growth is to be taken off.

There is no doubt that the development of many warts at a time is a disease of the blood for which internal remedies must be employed that can only be given by a physician. One should be consulted as soon as these growths appear, for if the trouble becomes firmly rooted it is more difficult to dissipate. That the disfigurement in such instances is serious there is no doubt.

Colorless iodine will sometimes remove warts. To use it the spot must be touched morning and night. This application may, after several days, make the roughness peel. It will not have any effect if the trouble is deep seated. In the latter case caustic becomes one of the best agents; it is rubbed evenly over the skin to be removed. It is disfiguring at the time, as it turns the surface black.

Before applying caustic the protruberance should be trimmed close to the soft skin with a sharp knife that has been antiseptically cleaned, either by dipping in alcohol or boiling water. The wart should not be cut so it will bleed.

Caustic is bought in small sticks in wooden tubes at any drug shop. The point is that caustic burns and that it eats away skin with which it comes in contact.

Should it be rubbed over proud flesh the result will be a

sore spot. Every other day, or as soon as the blackness shows the least signs of wearing off, more caustic must be put on. This method is tedious, but if faithfully followed frequently cures.

A mistake made by inexperienced persons is to stop its use as soon as the wart is reduced to the level of the surface. In such cases the roots are left and the excrescence is soon flourishing anew. The pencil must finally be put in below the outer skin level and the roots worked over until they, too, are gone.

Nitrate of silver is used in the same way. A wart should never be allowed to grow large or it will spread, and constant cutting discourages it.

CHAPTER XXII

MISCELLANEOUS

HOW TO ACQUIRE A SOFT SPEAKING VOICE

INSTEAD of striving for a pure, sweet speaking tone, with the throat muscles relaxed and the jaws held in an easy position, as for singing, most women contract their vocal cords and hold their jaws stiff, with the result that their tones are nasal or throaty and, almost without exception, shrill.

To remedy these vocal defects, that are accentuated undoubtedly by climatic conditions, a woman must make a determined effort to bring out her words in full, clear and soft tones.

Unfortunately, most women, being nervous, pitch their voices too high. If one has a doubt of this statement let one listen to a woman who is speaking rapidly and excitedly. Her tones, as a rule, go higher and higher, until, as a small child said to her mother, there seems danger of the voice "getting tangled in the roots of her hair."

Next to lowering the speaking tones a woman should strive to make her voice pleasant.

Of the powerful volume of a low pitched voice one of the most striking instances that I ever heard was on the stage when an actress called some one behind the scenes. The first time she spoke there came no answer. Then the actress called again, still in a low pitched tone, but the noticeable

increase of volume made it carry to the very back of the theatre and brought the answer, supposed to be from a person some distance away. Those two calls were lessons in voice to any person who cares about the matter, and illustrated that the second greater tone was obtained merely by throwing out the breath precisely as a singer would do. The tone came from the chest, not from the throat—too often the seat of conversational tones.

A person can experiment in the use of volume in the subway and will find it easier to talk below the noise than through it; that is, a full tone will carry through the rattle more easily than a high, shrill one.

As an exemplification of this fact, the woman who raises and strains her voice to make it heard above the noise should remember that it exhausts her, while one who conserves her energy and makes her tones full will not be in the least fatigued.

As for the “don’ts,” remember these: Don’t contract the throat when speaking. Try to keep it free, the cords flexible and easy to manage. Don’t forget that it is worth practising in the privacy of one’s room to learn the natural register, the tones in which the voice works best.

By these exercises there is not the slightest danger of becoming declamatory. A declamatory style of conversation is a horror, but much will be gained if one tries the experiment of making a tone reach to the next room without raising the pitch of the voice. This means deep breathing, chest expansion and head held erect. Without these three it is impossible to have a good speaking voice—a fact worth remembering.

TO CULTIVATE A GRACEFUL WALK

TO walk gracefully the ball of the foot must be put down first and the toes pointed out. This angle makes it possible to "step away," in the sense of lightness.

More ankle action is required to walk correctly than is realized by many persons, for unless that joint moves easily the gait inevitably is flat footed, as the whole sole comes in contact simultaneously with the floor, giving a heavy and lumbering movement highly suggestive of "rolling."

It is to be understood that unless the shoulders are well thrown back and the chest expanded a graceful walk is impossible, so it is necessary to properly distribute the weight to make a correct balance, and this is done only by holding the shoulders in position and not permitting the lower part of the torso to be unduly prominent. The spine must be straight, yet a lean forward, so slight as not to be perceptible, is essential, otherwise the abdomen is incorrectly placed. The lean is not from the shoulders or waist, but from the hips, and the shoulders, thrown back, counterbalance any tendency to tip forward.

Remembering the importance of holding the body correctly, attention may be given to the feet, and should there be a sensation of awkwardness in trying to place the foot so the ball is first to touch the ground, some ankle exercise should be practised. One of these is to cross the feet, so that one is entirely removed from the floor, and twist it forward, back and around, being certain that the work is done from the ankle joint and not from the knee. It should be needless to add that no boots or shoes are to be worn while doing this work. Another movement is to point the foot

making as straight a line as may be from ankle to toe. While in that position the toe is moved in semi-circular form as far around as it can go without being painful.

When stiffness of the joints makes the exercise painful relief may be secured by first rubbing the ankles with a mixture of one ounce of rosewater, a gill of white brandy, four ounces of mutton tallow, two ounces of olive oil, one and one-half ounces of virgin wax and half of one grain of musk.

The wax and tallow are melted in a cup set into a pan of hot water, and as they soften the oil is added. The cup is removed from heat and the brandy and rosewater, already mixed, are slowly poured in, beating all the time. The musk goes in last.

Shoes naturally effect the gait and it is a mistake to think that high heels are necessarily injurious. When a woman has an arched instep she has more support from heels of that kind than from flat ones and walking becomes much easier, but a flat-footed person wearing high heels cannot help awkwardness.

HOW UNATTRACTIVE MOUTHS MAY BE BEAUTIFIED

THE one feature a girl can make or mar is her mouth. Noses, ears and eyes cannot be changed, but a little care will often make an unattractive mouth look pretty, and inasmuch as the lips are distinctive in the general effect of the face it is worth while trying to improve them.

For this remodelling process the best aids for a girl are to sit before a looking glass and study her mouth. One that droops will give the effect of peevishness or discontent. If

the corners are tight the expression is that of disapproval, if not of disagreeableness. The only way in which the best aspect is obtained is by getting an upward curve at the corners, and it is for this one must strive.

A girl of my acquaintance has a quaint trick of putting a forefinger at either corner of her mouth and lifting it, when she is in the privacy of her room. She holds it in this fashion in an effort to train the muscles, and it is probable that she helps the cure. Better than the lifting method would be to try constantly to smile—not to grin, like a Cheshire cat, but to look pleasant rather than unpleasant. Constant observation of this great law to “look pleasant” will bring a certain attractiveness to even the plainest face, so it will pay a girl to remember this suggestion.

It is a fact that women who think kind thoughts and do good deeds are a great deal more attractive than those who think only of themselves. The face reflects the mind far more than many girls realize, and in a matter of looks one cannot afford to be disagreeable.

Unselfishness, kindness and thoughtfulness make a plain face beautiful, and years do not detract from its charm.

SUGGESTIONS FOR KEEPING WARM IN WINTER

KEEPING warm in cold weather is more than a matter of wearing heavy clothing, for the circulation must be normal and the body properly nourished or furs piled on will be useless.

When the circulation is defective, so the blood does not flow freely, it is imperative that flannel shall be worn next the skin. The material practically generates heat, and after-

ward holds it, as cotton cannot. Also, clothing worn next the body should be close fitting, that no heat shall escape. It is this quality of clinging that makes all jersey fitting underwear so much warmer than any other style.

As sluggish flow of blood necessarily means cold, some exercise that will stimulate should be taken when getting out of bed in the morning. A few garments must be put on in order to maintain a higher temperature of the body, and then some simple calisthenics become of value. As, for instance, doubling the fists and throwing out the arms, first in front and then at the sides, next raising them high above the head, will help if the movements are made with sufficient force. Making a vigorous kicking motion will increase the blood action of the lower parts of the body.

Dressing should be done in a warm room, and it is well to drink a cup of hot water as soon as one rises. Hot milk is better, for it nourishes as well as warms. By the time one is ready for breakfast the circulation should be in a condition to improve, and there will be no sense of chill.

It is always wise to drink something hot before going into the cold when one's vitality is low. Hot milk is the best liquid that may be selected, as it has a soothing effect upon the nerves of the stomach, and incidentally nourishes the body. Hot water is also excellent, for the inner heat helps to keep out cold. To take a cold drink before going out in winter is an unwise action that a delicate person cannot indulge in, for it makes an immediate drain on the vitality.

Certain foods are heat producing and should be selected as the diet for a person who has sluggish circulation. Among these is fresh pork, thoroughly cooked. It is valuable, being full of fats. Beef, of course, is desirable. So is

mutton. Potatoes and a moderate amount of simple sweets should be included, and malt in any form is excellent. Cocoa is among the best drinks that can be chosen, and if not too rich is not difficult to digest. It may be taken between meals, as well as with them.

Woollen gloves are by no means as warm in effect as many persons think. One of the best ways of protecting the hands in bitter weather is to wear leather gloves, such as those of dogskin, and pull wool over them. The combination is as good as any muff and sometimes more convenient.

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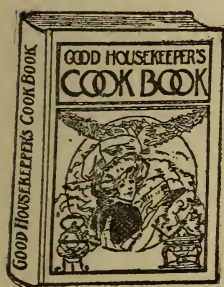
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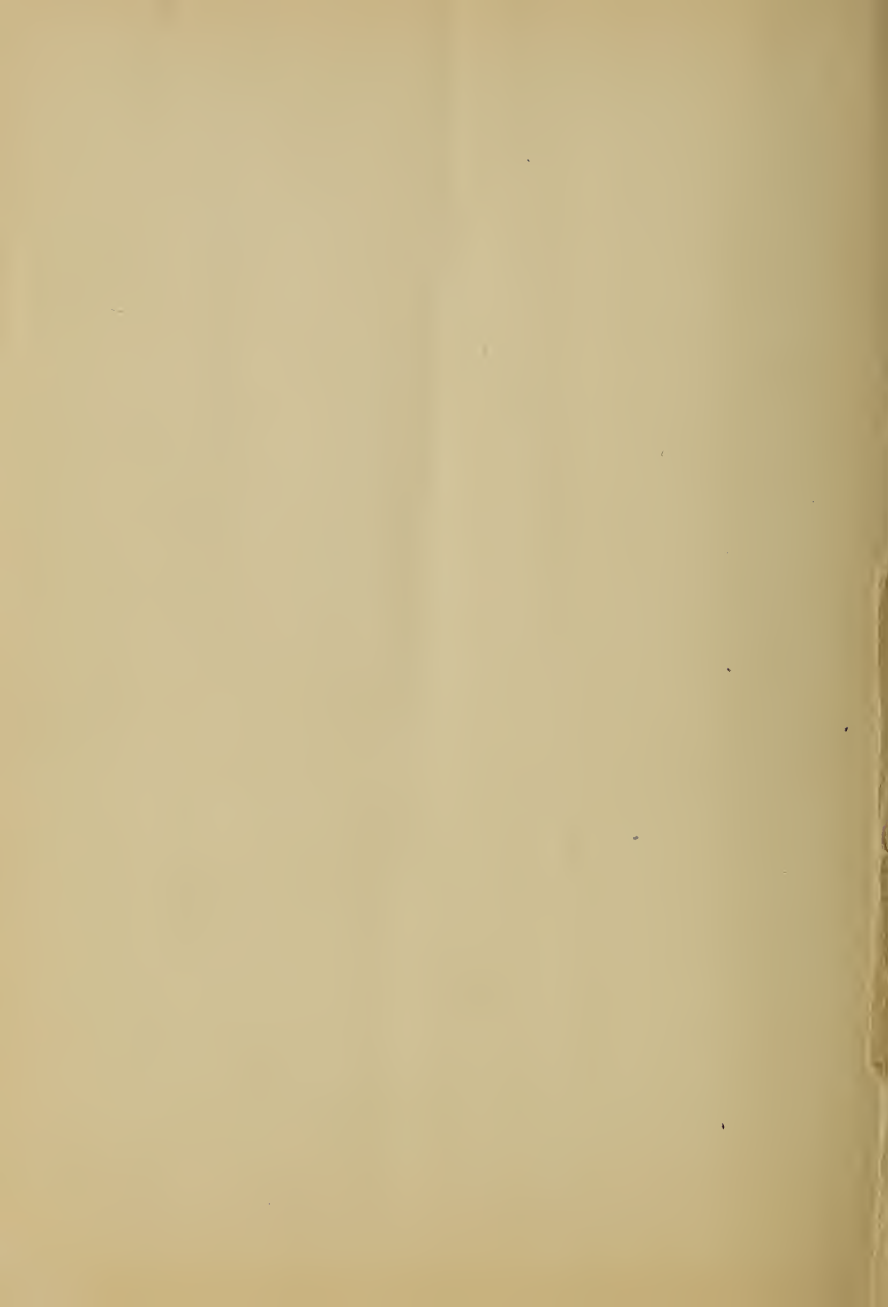
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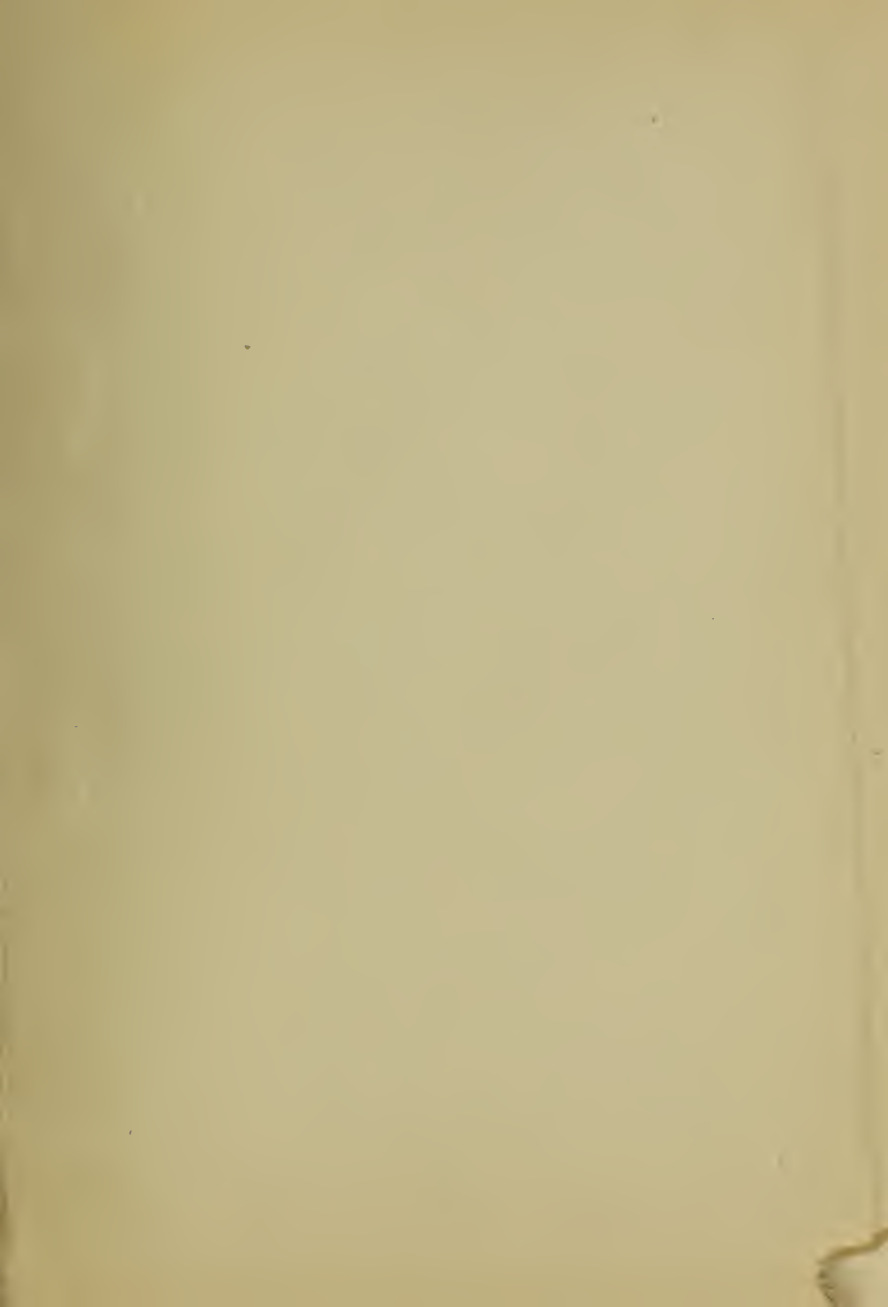
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